

SINGAPORE

FHM

UNSUITABLE
FOR THE
YOUNG

SG BABES

Yoga Girl
Roxanne Gan

*Burlesque
Artist*
Sukki Singapura

Rebel
Nicole Ng

SINGAPORE'S BEST-SELLING
MAGAZINE
APRIL 2015 \$6.00

S\$6.00



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SUICIDE GIRLS

Celebrating body art, individuality and video games

THE INAUGURAL #STYLEXSG50 AWARDS 2015

At styleXstyle, we understand the genius it takes to produce quality content.

Behind every performance, viral tweet, illuminating video, catchy song or inspiring art piece are creative people with brilliant minds.

You, who have inspired and defined us.

At **styleXSG50 Awards 2015**, we want to celebrate that.
More importantly, we want to celebrate you.

We are excited to honour 50 distinguished individuals at our inaugural styleXSG50 Awards 2015 on **28-Mar, 7-9pm, Sat at Wisma Atria**.

See who the movers and shakers of social media are as we celebrate the best of Fashion, Arts, Music and Food.

**WATCH LIVE STREAMING AND
CATCH ALL THE ACTION OF THE PARTY
ON STYLEXSTYLE.COM.**

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LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE.



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EVERYTHING A MAN NEEDS. AND MORE.



#198

SUICIDE GIRLS
PHOTOGRAPHY: MILLLOUX SUICIDE;
STYLING: ERICA DANGER.

EDITOR'S LETTER...

"You dare or not?" This is a question we often pose to each other in the face of absurdity, discomfort and misbehaviour, such as betting on Liverpool to win this season's EPL title; tattooing your eyeballs to look like the bloodsuckers from *30 Days of Night*; or taking your MD's favourite workspace in a hot-desking office.

If you dare, we salute you — except if you really do put your money on the Reds.

In this issue, we celebrate women who dare to be different; who have the guts to take the alternative route and not give a damn about what mainstream society thinks. Guys, allow us to introduce to you professional burlesque performer **Sukki Singapura**, yoga junkie **Roxanne Gan** and (in)famous tattooed pinups, the **SuicideGirls**.

And if you're still in the mood for something different, try breaking out of the **Lost SG** escape rooms (like our *FHM* guinea pigs); or sign up for the gruelling-as-hell **Spartan Race** (no one in *FHM* has the balls and physique to, to be honest).

If all of the above doesn't stir you one bit, our advice column on **how to sleep like a log** might possibly be the best read for you.

Dennis Yin, Editor

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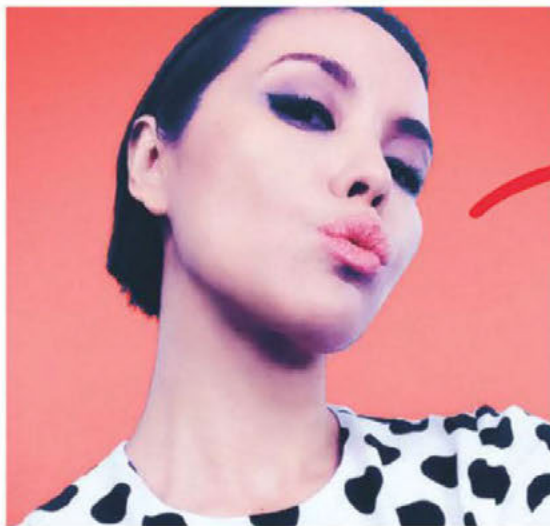
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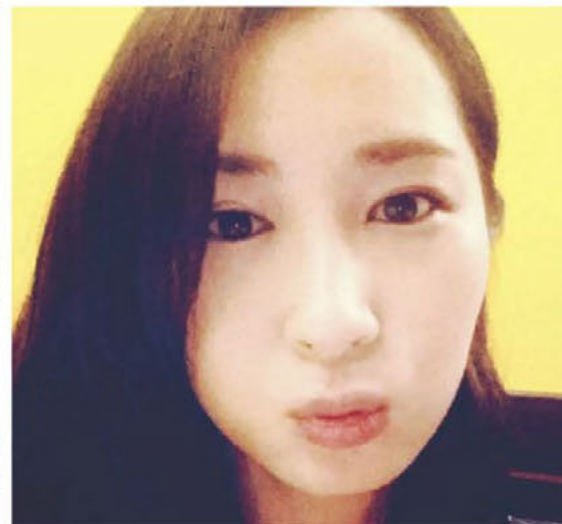
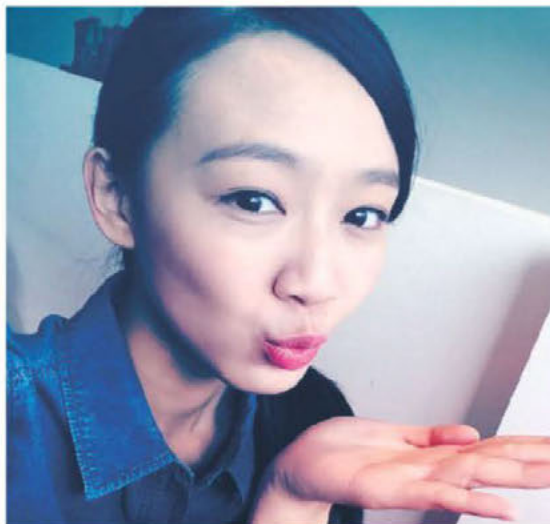
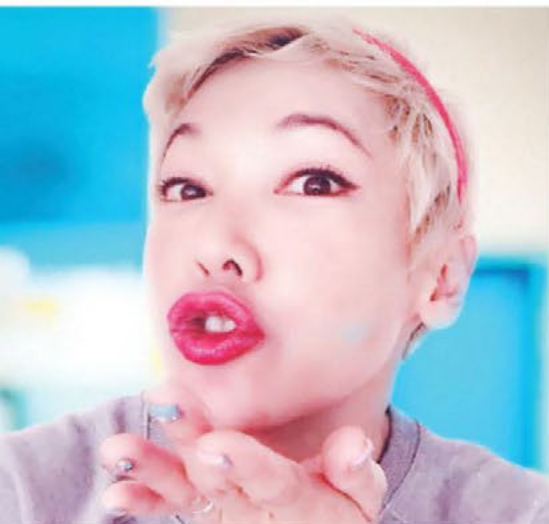
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XOXO
Happy SG50 Singapore!
Rebecca, Belinda, Jayley, Ya Hui,
Zoe, Kym, Julie, Paige, Xiang Yun,
Felicia, Carrie



AGGES

IT'S
GREAT
TO BE
A MAN

Talent

SKILLED AND READY

Engineer by day, avid baker by night. If there's one thing we know, *FHM* Models 2014 finalist Karen Jong is definitely good with her hands.

Words **Emillio Rodrigues** Art direction **Pyron Tan**
Photography **Ealbert Ho** Styling **Arthur Tan**

WHO'S
SHE?

Age: 28

Nationally: Malaysian

Likes: Badminton.

Dislikes: Being stuck
in a sticky situation.

Instagram:

@karenjong

BRA, BY TRIUMPH.

MAKEUP: EUGENE GOH USING
NARS; HAIR: LOUIE/SALON CANVAS
USING MAKE UP FOR EVER.
LOCATION: RAINTR33 HOTEL.



BRA & KIMONO,
BY ETAM.

**“I’M A
MECHANICAL
ENGINEER,
SO MOST
TIMES YOU’D
SEE ME IN
DIRTY SLACKS
LOOKING ALL
TOMBOY-ISH.”**



MEET THIS YEAR'S

TOP 10

FIND OUT WHO ARE OUR TOP 10 FINALISTS IN THIS EXCLUSIVE **MEET-AND-GREET** SESSION. THERE'LL BE PLENTY OF PHOTO OPPORTUNITIES, INCLUDING A SWIMWEAR SHOWCASE.

DATE: 18 & 19 APRIL
(SAT & SUN)

TIME: 2PM

VENUE: BUGIS JUNCTION,
HYLAM STREET LEVEL 1

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and video updates on
FHM Models 2015 on:

   FHMSingapore

FHM
MODELS
2015

What is your fondest memory of FHM Models 2014?

It was one of the highlights of my life because not many people expected me to join such a contest; they think I'm an introvert.

What do you look for in a partner?

He has to be career-minded, or at least have the determination to get where he wants to in life.

Is it a deal breaker if your boyfriend can't satisfy you in the sack?

Of course! If I'm going to spend the rest of my life with you, you have to make me happy in bed, too.

What do you enjoy doing most in your free time?

I love baking and cooking. When you create a dish and people see your effort and appreciate it, it really brings a smile to my face.

What do you usually bake?

Anything from cheesecake to lava cake — I'm a huge fan of cakes. If it's for brunch or a small party in the afternoon, I'd make pancakes.

Ever created something that wasn't too pleasant on the taste buds?

People are usually kind with their remarks. I also make it a point to try my dishes first. If they're bad, I won't serve them.

Ever thought of becoming a baker?

It has always been my dream to open my own café. But for now, I'd stick to my day job...

Which is?

You'd never guess! I'm a mechanical engineer, so most times you'd see me in dirty slacks looking all tomboy-ish.

What is your job like?

I work in a fairly risky environment, as we are constantly exposed to chemical and electrical hazards. I'm also surrounded by men, so I constantly have to be at the top of my game. That can get stressful at times.

What keeps you doing what you do?

It's the challenge; we always have to be on our toes because even a minor accident could lead to something disastrous. Thankfully, nothing serious has happened to me at work.

You seemed like a very brave girl.

But what scares you?

I used to be very afraid of heights but my job requires me to work on rooftops, so I've learnt to overcome that somewhat. Thai horror flicks also give me the chills but I love to watch them.

Would you date someone who also gets scared watching horror movies?

I actually find it pretty funny. We can cover each other's eyes while we scream our lungs out! **FHM**

Talent

BRA, BY ETAM.
BOXER, BY COTTON
ON BODY.



VOL 19 ON SALE NOW!



NO REVIEWS. NO FEATURES. NO STORIES.
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WEIRD WORLD

10 THINGS THAT WILL ALWAYS, ALWAYS BE FUNNY.



10

OTT Impersonations

Accurate celebrity impressions are good, but for gut-busting funniness you can't beat one that's so campy that it's utterly ridiculous. Like how Dennis Chew's impression of Auntie Lucy always comes out as a heartland *ah soh* — addicted to Red Bull. Awesome.

09

Your mate getting crabs

Men never stop finding genitals hilarious, so it's always funny when your close mate catches a non-permanent but super-embarrassing STD. Crabs are the funniest, because they're called "crabs" and pubes are involved.

08

Your mate stacking it

Ever since prehistoric man pulled himself upright onto

two legs and took his first tentative steps towards civilisation, he has been falling on his arse. And since man has been falling on his arse, man's mate has been on hand to laugh so hard that he gets a stitch.

07

Right text, wrong person

We live in hyper-connected times, and we're all firing off so many e-mails, texts, DMs and WhatsApps that, every so often, we're bound to send the exact wrong

message to the most perfectly wrong person. If you've ever been with someone who's just accidentally sexted their mum then you'll get where we're going with this.

06

Flatulence

Farts so obviously belong on this list but there are a few variables that determine the hilarity of any given air-biscuit. For example: A baby's fart is hilarious, but an 80-year-old's? Not so much. A stranger farting at the next urinal is funny; a stranger farting in the next toilet stall is just gross. And a noisy fart is funnier than a stinky fart — unless you are the architect of the latter, you're within an enclosed space with your friends, and there's no escape.

05

Unfortunate names

The following are all 100 per cent genuine names, currently belonging to actual human beings that roam the earth: Mike Litoris. BJ Cobbledick. Dick Smalley. Flavour Balls. Phat Ho. Dick Dong Wang. Harold A Ballitch. Harry Kok. We could go on, but by now you're either snoring like an idiot (in which case, well done, you are alive) or you've remained resolutely stone-faced (in which case, a bit of bad news: You are dead).

04

Old people's tech fails

Whether it's your mum accidentally entering "buttock stretch-mark pills" as a Facebook status rather than a Google search, or your

grandad telling everyone he's been e-mailed by an African prince who wants to make him rich, you can't beat ye olde folkes getting the modern world all wrong.

03

Toilet paper stuck to shoe

If you've just exited a pub toilet and you've got a metre of bog roll trailing from your shoe, then you may as well call it a night and go home immediately because you're never going to regain your dignity. You are now the Official Pub Clown of the Evening, and nobody will take anything you say seriously for the rest of time.

02

Someone else's catastrophic hangover

Your own hangovers are no laughing matter: Your brain hurts, you're consumed by a nameless dread, and everything is wretched. But if you're hangover-free and your mate is in absolute bits, their pitiful sighings, twitchings and almost-vomitings will keep you tickled pink all day.

01

Small children swearing

Hearing a pre-school child absentmindedly drop an unexpected F-bomb in public will always be funny for two reasons: Firstly, the child invariably has no idea of the huge shock waves they've just unleashed on everyone in the vicinity. Secondly, the child's parent wishes the ground would open up and swallow them whole.



WORDS: JIE MADDEN. PHOTOS: TPE IMAGES/GETTY IMAGES

SWEET BIEBER! THEY CAN DO ROCK-STAR EXCESS, TOO!

Here's what happens when pop artists try hard to act like their rebellious rock peers...

DOMESTICATED

ACTUAL
ROCK STAR.



IGGY POP Rock-star behaviour:

Admitted he loved *Countryfile*, a British TV programme about environmental and rural issues in the UK.

DEBAUCHED



JUSTIN BIEBER Rock-star behaviour:

Threw eggs at a neighbour's house; nibbled a stripper's breasts; was arrested for assaulting a limo driver; got punched by Orlando Bloom; offended all of China by visiting a Japanese shrine famous for housing the remains of war criminals.

One Direction Rock-star behaviour:

Smoked weed on camera; got many tattoos; experienced a naked-photo controversy; fought with each other regarding "musical direction"; Harry Styles physically transformed himself into The Rolling Stones' Keith Richards.



DEMI LOVATO Rock-star behaviour:

Admitted in her book that she had an addiction to alcohol, painkillers and at one stage, needed cocaine "every half hour".



5 Seconds of Summer Rock-star behaviour:

Sent penis photos to a fan. Um... a couple of them wore Sex Pistols and Misfits T-shirts.



NIP TALK WITH DR TIFFINY

Plenty of men are getting into the habit of taking care of their skin — here's why you should join them.

A wrinkle in time

The idea that men need not seek professional help for their grooming is passé. When we age, the skin sags, and wrinkles and age spots start to appear. Not everyone looks like George Clooney when they get crow's feet and grey hair, so there's no excuse to ignore basic care for your skin.

The grooming game

Even if you're too much of a man to pick up a loofah, start with baby steps. Include medical grade anti-ageing creams (choose those that contain growth peptides like matrixyl and retinol) in your daily routine. You may also consider Botox to relax those lines or Thermage to tighten skin. Dermal fillers can revolumise facial areas that have suffered from collagen loss. To fight the signs of ageing, you have to perform damage control before it's too late, so start building your grooming arsenal now!

Dr Tiffany Yang holds a Bachelor of Medicine & Surgery degree from the National University of Singapore, and runs her own medical aesthetic clinic. Look out for her next column on aesthetics and more in the June 2015 issue!

ALCATRAZ ROOM:
ATTEMPT A
JAILBREAK FOR FUN.

*Tried
& Tested*

TIME TO PLAY THE GAME:
60 MINUTES PER ROOM.

ESCAPE FROM REALITY

If you've always thought that escape rooms are child's play, it's time to unshackle your reservations and get in on the action.

We're hooked on escape rooms. No, not Christian Grey's dungeon of pleasure, but a physical adventure game where participants hole up in a room (often dimly lit), solve puzzles and find clues to "escape" the confined space within a time limit.

Bringing this leisure trend to the next level is **Lost SG**. Like its popular Hong Kong forerunner Lost HK, Lost SG offers fully immersive game play supported by a high-simulation technology setup. If you thought playing video games was tough, wait till you get a load of this analytical minefield that makes other escape rooms feel like a kid's nursery. In fact, *FHM* was left scratching our heads on more than one occasion.

Having said that, it was a welcome problem, as the crew got to be the stars of our own epic adventure by navigating through five differently themed rooms, all based on real-life places and events.

We can't reveal much about the set-up of each room (that'll spoil the fun), but we can offer you some tips on how to overcome them like Sherlock Holmes.

Use force... Not!

When frustrated, you might be tempted to let your primal side take over. This is a BIG mistake! No ape ever solved a puzzle box by banging hard on it.

Free your mind

While the human mind is painfully rational, sometimes a little out-of-the-box thinking is required. And this has never been truer than when you're stuck in an ancient Egyptian tomb looking for an exit.

There is no "U" in "team"

You'll be smart to get off your high horse and act like a team player if you want to see

daylight once more. After all, guards don't discriminate when they're trying to take out intruders. Unless you happen to be Mila Kunis.

Can I call a friend?

Never be too proud to ask for help. And help can come in many forms — but mainly through the room's intercom.

Don't bite off more than you can chew

An amalgamation of the previous two points, don't be afraid to ask for help from your friends. The last thing you want is for your entire group to sit around and wait for you to finish solving your part of the puzzle.

*Lost SG opens Sun to Thu, 11am to 11pm;
Fri and Sat, 11am to 1am. #03-01
Peace Centre, 1 Sophia Road,
Tel: 6717-1688, www.lost.sg.*



NEXT BIG THEMES

FHM puts our thinking cap to work by creating our own escape rooms.

01 ESCAPE FROM WORK

Kurt Russell might have thought LA was tough; that's only because he hasn't tasted the Singapore workplace. No one wants to be a pencil pusher cooped up in a tiny cubicle. Time to make a break, but once you've slipped out of your seat, you still have to face the hawk eyes of neighbouring colleagues, saunter past your ever-watchful manager, before making that mad dash to the elevator — if you are lucky enough to have one.

02 CRAZY LITTLE GAME CALLED LOVE

Perfect for couples, this scenario is one that every boyfriend or husband should be familiar with. Imagine being trapped in a *Saw*-like setting but with Jigsaw as your partner. Nothing beats some quality time discussing about BTO flats, primary-school balloting and car down payment. Considering we're still tripping over the question, "Honey, am I fat?", it looks like it's off with our heads.

03 FLESH TRADE

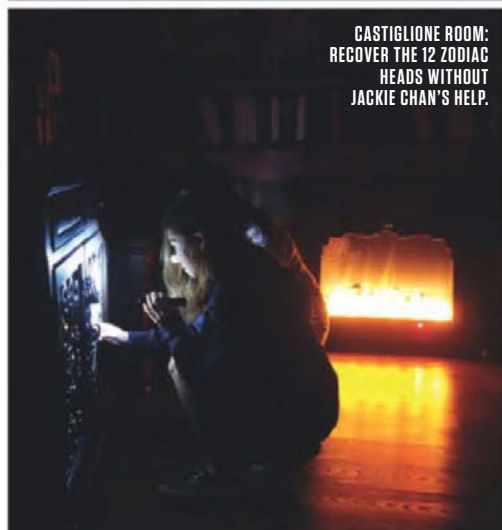
With burlesque performances outlawed in Singapore until recently, we imagine it'll be a hoot to celebrate its legitimacy by playing a greenhorn burlesque performer trapped inside a haunted theatre. Bring your hot female friends along, as they'll definitely be showing some skin — if we get things our way.



EXODUS ROOM:
MOSES PROBABLY
HAD IT EASIER
DURING HIS TIME...



ISOMETRICK ROOM:
SOLVE PUZZLES INSIDE
A LARGER-THAN-LIFE
RUBIK'S CUBE.



CASTIGLIONE ROOM:
RECOVER THE 12 ZODIAC
HEADS WITHOUT
JACKIE CHAN'S HELP.



ONE FOR THE ALBUM:
THE *FHM* STAFF
WHO SURVIVED THE
GREAT ESCAPE.

GEAR

THE DILEMMAS OF MAN

CAN I ROCK A TRICKY TREND?

There's a fine line between fearless fashion pioneer and accidental laughing stock. Tread carefully with these hard-to-pull-off looks...

Photography **Marco Vittur**
Words **FHM UK**

DON'T LET YOUR JEWELLERY WEIGH YOU DOWN

If you're struggling to lift your arms then you're probably wearing too much bling. Saying that, a few well-chosen accessories can go a long way. Try simple sterling silver jewellery like a band ring to give a rockier edge to your denim-combo look.

SAY NO TO SNAKESKIN

Justin Timberlake has never lived down his 2001 cowboy boots and double-denim outfit. Stick to quality leather trainers with a white sole; it's the perfect balance between casual sneakers and a smart shoe.

FLIP YOUR LID

Push the boat out with a five-panel snapback in simple colours. You best think seriously about flipping it backwards if you're over 30, though. (Fred Durst, take note.)

CONCENTRATE ON THE FINER DETAILS

Huge ornate embroidery is a no-no, but little details like badges or a pocket patch break up a look. You'll be looking like a dapper dude in no time.

DON'T BE A DOUBLE DENIM DOUGHNUT

Avoid the Shakin' Stevens vibe by separating your top and bottom denims with different shades. Opt for a dark, heavy set of selvedge jeans, teamed up with a pale indigo thin denim shirt.

SHIRT, BY ELVINE FROM
TERRACEMENSWEAR.CO.UK.
JEANS, BY ELEMENT FROM
ROUTEONE.CO.UK.
SHOES, BY FILLING PIECES
FROM OKI-NI.COM.
HAT, FROM RASCALS.DK.

GET THE BASICS RIGHT



CORDUROY

Do: Swap your everyday jeans for this old-school classic. Wear with an oversized tee, skate shoes and a beanie, and you've got yourself a winning weekend outfit.

Don't: Wear with moccasins, unless you're trying to blag a bus pass or senior discount at the cinema.

(FROM LEFT TO RIGHT): CHEAP MONDAY; DOCKERS; HOWICK; TUKTUK.



CARDIGANS

(only in air-conditioned places)

Do: Slip a stylish cardie over a plain white tee or polo shirt. This sharp mod look is one that nobody is going to object to.

Don't: Wear it with a white shirt and black tie. You are not some cheesy American dad. (If you are, apologies. Keep rocking that look.)

(FROM LEFT TO RIGHT CLOCKWISE): ORIGINAL PENGUIN; PEREGRINE CLOTHING; TED BAKER; UNIVERSAL WORKS.

SNAPBACKS

Do: Add a five-panel cap to a smart outfit. Combined with an Oxford button-down shirt and slim chinos, this is definitely a strong look.

Don't: Wear it resting on the crown of your head. It didn't work for boy bands circa 2010, so it certainly won't work now.

(FROM LEFT TO RIGHT CLOCKWISE): '47 BRAND; NEW ERA; KNOWN CLOTHING; TOPMAN.



6 FASHION CRIMES TO AVOID FOR LIFE...

01 LEATHER SHORTS

Admit it: You can't even read the words without thinking of sweaty balls.

02 ALICE BANDS

David Beckham couldn't pull these off, so neither can you. No matter how long and in-your-eyes your hair is.



03 DROP-CROTCH TROUSERS

If you can fit a small dog in your gusset with ease, your trousers are too baggy goddamn it.



04 RAT'S TAIL

Conjures up images of dodgy car dealers, sewer dwelling rodents and worse still: Ewan McGregor in *Star Wars: Episode 1*.

05 WOMEN'S PANTIES

Okay, if you must. Just don't let the little bow ride above your jeans like last time.



06 DISNEY FROZEN T-SHIRT

You might be a fan of the film, but no man ever needs to be complimented on their style choice by a nine-year-old girl.



JEWELLERY

Do: Venture outside your comfort zone with a signet ring. If it was good enough for Frank Sinatra, it's good enough for you. Team it with a flat cap and braces if you've got serious balls.

Don't: Go over the top with the chains. Layering a few thick necklaces like Johnny Depp looks okay, but go easy with the pirate memorabilia.

(FROM LEFT TO RIGHT): BRASS BRACELET, FROM TOPMAN. SILVER BRACELET, FROM RIVER ISLAND. SILVER CHAIN, BY CHEAP MONDAY FROM URBANOUTFITTERS.COM. GOLD PENDANT, FROM TOPMAN. SIGNET RINGS (L-R CLOCKWISE): ASOS; ASOS; SERGE DENIMES; RIVER ISLAND. SILVER PENDANT, BY SERGE DENIMES. BRACELETS, BY CHLOBO.

STYLE ITEMS

GREAT WHITE

Put the purest colour on your feet and move like a trendy champ.

Photography **Hong Chee Yan**
Styling **Arthur Tan**



ADIDAS SUPERSTAR 80V X UNDECLARED, \$219, FROM LEFTFOOT.



NEW BALANCE CRT 300 BN, \$139, FROM LEFTFOOT.



NIKE AIRFORCE 1, \$199, FROM LIMITED EDT L.E WAY.



ADIDAS SUPERSTAR 80S DLX, \$159, BY ADIDAS ORIGINAL.



REEBOK WALK ULTRA IV DMX MAX, \$89, FROM ROYAL SPORTING HOUSE.



ADIDAS STAN SMITH, \$289, FROM LIMITED EDT.



FRED PERRY STURGES LEA SPORT, \$179, BY FRED PERRY.



PATRICK QUEBEC, \$199, FROM STARTHREESIXTY.



ADIDAS POSCHE 356, \$205, BY ADIDAS ORIGINAL.



PATRICK GOOSE BAY, \$259, FROM STARTHREESIXTY.



PUMA COURT STAR, \$119, FROM LIMITED EDT.



REEBOK INSTAPUMP FURY TXT SANDRO, \$239, FROM LIMITED EDT.



PUMA MATCH 74, \$129, BY PUMA.



REEBOK CLASSIC, \$109, FROM ROYAL SPORTING HOUSE.

HOW TO KEEP YOUR TRAINERS WHITE

Tips to keep your new kicks looking (and smelling) as fresh as your briefs.

01 PREVENTION

Straight out of the box, it's important to treat your new shoes with a stain and water repellent. Using a spray like Scotchguard to protect the fabric will keep your canvas and leather sneakers looking newer, longer. Sprays made for specific materials like suede are also available.

02 BABY WIPES

Every time you take off your shoes, wipe them down with alcohol-free baby wipes. This simple, portable treatment will preserve their sheen and remove fresh stains that would be tougher to get rid of over time. Might be a little tedious but, hey, it's cheap and it works.

03 LACES

While cleaning white laces with bleach might be effective, bleach weakens the fibres in the fabric causing your laces to look and feel different over time. Instead, soak them in a milder solution of water and detergent – this works great for coloured laces, too.

04 SPOT CLEANING

It might be tempting to throw your shoes into the washing machine, but that could rip, tear and further discolour them – turning you into a blubbering mess of regret. Use a cleaning agent and shoe-cleaning brush to gently scrub out blemishes instead. Toothbrushes are also great for getting into smaller spaces.

05 YELLOW SOLES

The bane of sneakerheads everywhere, yellowed rubber soles can be caused by sun damage. Avoid this by always storing shoes indoors and out of direct sunlight. You can also spot-clean the rubber as needed with a brush, water and mild soap.

STYLE NEWS

LIGHT AND SHADOW

You can't go wrong with black and white, which is why the 2015 Black History Month Collection by **Nike** is right up our alley. Encompassing products over a range of sports, including basketball, football and skateboarding, the line sees Nike's signature footwear given a glorious monochrome makeover. Leveraging on the power of sport to encourage social change, proceeds from this collection go towards charities that "maximise the potential of undeserved" youth. Fashion with heart, we dig that.

From selected Nike stores and www.nike.com.



WARM AND FUZZY

Club Monaco is all about effortless layering this season, as it turns its luxurious Italian tailoring to classic menswear staples like lightweight outerwear and indigo washed knits. Tailored blazers take centre stage in the collection, featuring texturised speckled wool blends. Other key pieces that round off the layering trend are tanned suede coats and chunky shawl collar cardigans that are equally good for solo wear.

From Club Monaco stores.

WALKING ON SUNSHINE

The new **Timberland** two-eye boat shoes feature ultra-soft full-grain buffed leathers and form-fitting uppers for maximum comfort. With anti-fatigue footbeds and slip-resistant outsoles, they're perfect for lounging around on the deck of your yacht.

From Timberland stores.





VEJA VU

Pay homage to your favourite band in style with **Uniqlo's** Music Icons collection. Generations of beloved artists and their album jackets are immortalised in colourful graphics and bold typefaces – all on comfortably soft, 100-per-cent cotton T-shirts. So whether you're a diehard Wu-Tang or Coldplay fan, you can wear your heart on your sleeve, loud and proud.

\$24.90, from Uniqlo stores.

BUSINESS AS USUAL

Just like how a neat appearance makes you look organised, a smart workbag gives the illusion that you've got your act together at work (even if you don't). Fake it till you make it with these handsome leather numbers by **Fossil**. Featuring sleek silhouettes and functional inner pockets to fit everything from your documents to your mobile devices – looking professional has never been this easy.

From Fossil stores.



Inside Matters

Following our wallet spread last issue, we look at what the stuff in your man purse says about you.



Amex Black Card

You can't buy happiness but you can buy a \$18m yacht.

\$100 notes

Either you're an *ah long* or bookie (or possibly both).

Crooked dice

Unbeaten Snakes & Ladders champ in four constituencies.

Treasure map

You'll never stop believing...

RWS Invites card

You always end up at Sentosa for your "overseas getaway".

Your pin number on scrap paper

You're what muggers refer to as a "jackpot".

Dirty foreign currency

You can't quite let a gap year go.

Condom

Your player credentials are somewhat damaged by the fact it's gone past its sell-by date.

GO FOR GOLD

The **Puma Select** label returns this spring in a killer collaboration with New York-based multi-hyphenate, Vashtie Kola. The capsule collection hits all the right notes on our style checklist, featuring sports luxe designs inspired by '90s hip-hop and break-dance culture that stole the scene in NYC. The goods are given a glamorous brushed gold suede finish, adding just the right amount of edge to the stellar line-up.

From selected Puma stores.



HER OPINION

HOW DOES MY EYEBALL TATTOO LOOK? (SHE'LL LET YOU KNOW)

Up your mean streak with a tattoo we're pretty sure most people won't see eye to eye on. But is this creepy rising trend just a lame passing fad, or a true trademark of badassery? *FHM* finds out what the ladies think.

CHESTER LEE OF
FATBOYSTATTOO & CO.



Nina, 21

"I get the jitters just thinking about it. Is doing that even humane?"



Jawing, 21

"It's a little peculiar to me. I mean, how am I supposed to gaze into your eyes when there's nothing to stare at?"



Chih Lin, 30

"It's cool in a freaky way. But I'll have a problem with looking him in the eye for long periods of time, so probably not."



Lindy, 30

"It's freaky and I won't be able to look him in the eye. Guys, please don't do this; you'll regret it."



Gwen, 21

"If my boyfriend did this, I'd disappear and never call him again. Or buy a cross and wear it on me at all times."



Jenny, 23

"I've never seen a guy with it up close before, so I'd keep an open mind when we go out. We'll see how it goes."



Joey, 24

"It adds a level of mystery and I go crazy over mysterious men!"



Tiffany, 22

"I'm a huge fan of tattoos but ink on your eyeballs is where I draw the line."

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GROOMING

RIGHT ON TARGET

Whether you have dry skin or thinning hair, these products aim to alleviate specific problem areas.

FHM
PICK

L'OCCITANE JENIPAPO PROTECTING JELLY MILK, 150ML, \$37

Banish dry, flaky skin with this moisturizing milk that harnesses the nourishing and regenerative powers of the Brazilian Jenipapo tree. Absorbs quickly leaving a non-greasy finish.

L'OCCITANE FRISCON VERBENA FRESH SHOWER GEL, 250ML, \$33

Made with Verbena leaves that feature an intensely vibrant citrus scent, this shower gel will leave you smelling and feeling super fresh — especially after a long day or hardcore gym session.

KIEHL'S HYDRO-PLUMPING RE-TEXTURIZING SERUM CONCENTRATE, 50ML, \$80

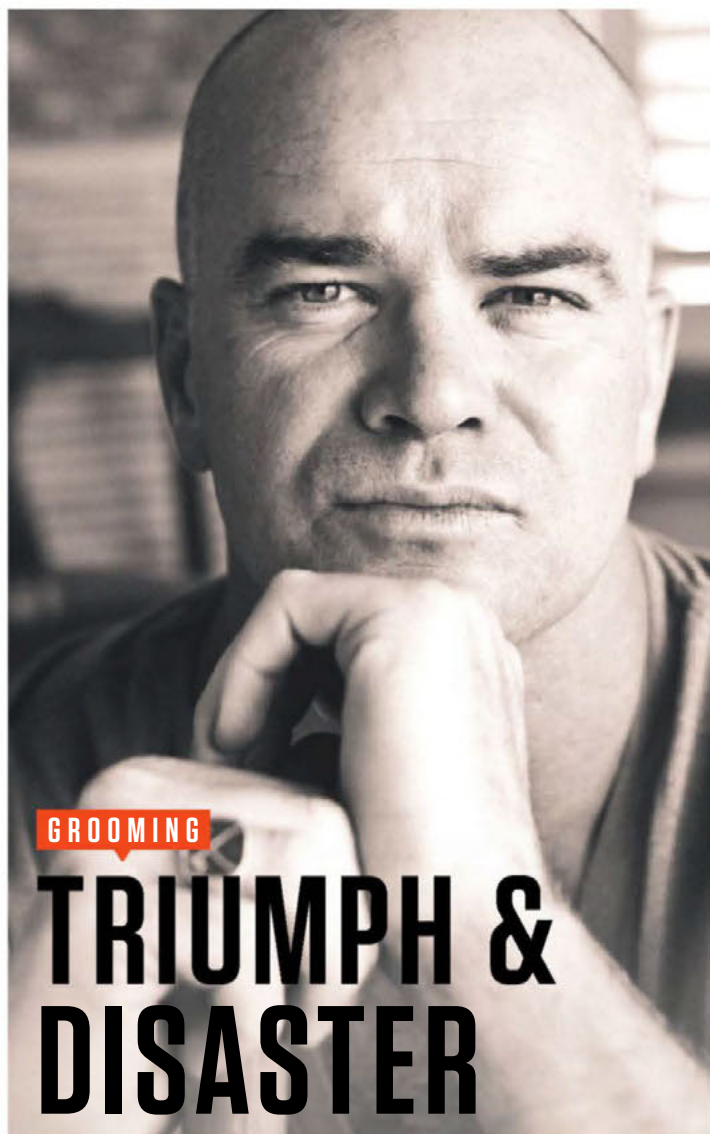
Dull, dehydrated skin makes you look haggard. This serum formulated with glycerine acts as a "moisture magnet", pulling and retaining moisture in skin for maximum hydration and a youthful appearance.

TONI&GUY MINI CREATIVE EXTREME HOLD HAIRSPRAY, 75ML, \$9.90

A handy travel-sized hairspray that provides long-lasting hold and creative control over your unkempt mane. As a bonus, it also washes out easily without leaving any sticky residue.

L'OREAL PROFESSIONNEL SERIOXYL THICKER HAIR SERUM, 90ML

A powerful serum that penetrates individual hair fibres increasing each hair's diameter, leading to an overall stronger, thicker and visibly fuller effect. Apply a few pumps to the lengths of damp hair and let dry.



Men's skincare-brand founder Dion Nash tells *FHM* how natural ingredients are the best way to save your skin from the elements.

What's your philosophy on skincare, and how does the Triumph & Disaster (T&D) line reflect this?

It must be as natural as possible; no nasty chemicals and only the best ingredients. At T&D, we try to leave as small a footprint as we can, while utilising the very best green science to produce the best performing products.

How was T&D born?

For over a decade, I played international cricket. During that time, I developed my own routine of cleansing, shaving and protection to help preserve my skin from the constant exposure to the elements. Stealing mainly from women's brands, I built a

routine with products that suited my needs but not my sensibility. It was this lack of connection with any brand in the category that was the genesis of T&D. I knew the category and felt I could make a better range of products than what already existed.

Why are T&D products pricier compared to drugstore brands?

We use better ingredients and utilise clinically proven formulas. We source for traceable ingredients, and use only the best combinations put together by world-class chemists and perfumers. When you buy T&D, you know you are getting products that are authentic and

have been built with the goal of performance.

What kind of ingredients go into your products?

Everything is made in New Zealand; we use many native indigenous herbs and plants, as well as from the wider Pacific region. Ingredients like Ponga fern for toning and lifting, Horopito for healing and soothing, and Tamanu oil for all-around benefits and antioxidant properties. We do not use any denatured alcohol or menthols and avoid all nasty chemicals.

What do you say to men who wash their faces with bar soap and call it a day?

Well, at least they are washing their faces! But our skin is our biggest organ, and using soap strips away the natural oils the skin produces that act as a buffer from the environment. If you think it's important to look good and feel great, then spending just five minutes a day cleaning properly and protecting with moisturiser and sunscreen is five minutes well spent.

Is it necessary for men to follow the standard three-step skincare routine?

Cleaning your skin is definitely necessary — we are constantly peeling and losing skin, millions of cells a day. Cleaning stops oil building up with grime in the pockets that are created as our skin peels — and a clean face feels great. Secondly, shaving or grooming is the art of looking great. Thirdly, protection using a great natural moisturiser, along with sunscreen that is chemical-, alcohol- and menthol-free will change your life. These three steps are essential.

What are the crucial components for great-looking healthy skin?

A healthy diet, lots of water, regular exercise and a daily skincare routine that utilises the best natural products on the market. **FHM**

Triumph & Disaster products are available at Sultans of Shave, #02-01, 11 North Canal Road.

NASH'S ESSENTIALS

T&D products every man should own.



Gameface Facial Moisturiser, \$64.90

"An awesome natural moisturiser that harnesses indigenous ferns to tone and heal dry skin. Specifically designed to be light on the skin and easily absorbed to leave you feeling hydrated and fresh."



Rock & Roll Suicide Exfoliating Face Scrub, \$44.90

"Infused with a fragrance that we call 'Smoke and Wood', this is the Led Zeppelin of face scrubs. It removes grime build-up, cleans out pores and reveals the fresh layers of good skin underneath."



Shearer's Soap, \$14.90

"This soap is made from a glycerine base that is gentle on your skin. Poppy seeds exfoliate and provide a massaging effect that creates a complete cleansing experience."



YLF Wash, \$44.90

"This product is rich in Rosewood oil, Argan oil, Vitamin E, Marine collagen and Kawakawa extract. It's a 'head, shoulders, knees and toes' for the modern man."

ICONIC, DANGEROUS AND STYLISH

FHM imagines what these iconic movie characters would sport if they rule the runway.

Art direction **Dannii Choo** Photos **Mark Lee & TPG Images/Clickphotos** Styling **Arthur Tan**

PRADA IS BY
PRADA FROM
SUNGLASS HUT.



GEAR



HOMBURG HAT, BY BRIXTON
FROM C.K. TANGS.

OPPOSITE: MEISTERSTÜCK
SOFT WEEKEND BAG, BY
MONT BLANC.



GEAR

SCRIPT SHOPPING
GRANDE, BY TOD'S.

OPPOSITE: WESTSIDE
MYSTERY CANVAS CLUTCH,
BY MONT BLANC.





GEAR

NAVY NOCETO BOOTS, BY
OLIVIER SWEENEY FROM
ROBINSONS.

OPPOSITE: SEVEN FRIDAY
M2, BY KRASNAYA.







WATCHES

SMART TIME

Sometimes a strong classic look is all you need for your wrist.

Words **Dennis Yin**

Our pick of the month is one of California-bred Tsovet's latest offerings – the **Tsovet SVT-DE40 Chronograph**. It's got a stopwatch function but that's about as complicated as it gets. What we like most about this auto-racing-inspired model, though, is the vintage feel and industrial-design attributes. Powered by the reliable Swiss-made Ronda quartz movement, it features a 40mm stainless steel case with layered edges, applied markers, contrast hands and tanned stitched leather strap – the perfect cut for a man like you.

\$608 to \$645, from Clout 9, Isetan Scotts, Robinsons Orchard and other authorised retailers.

STRAPPED FOR CHOICE

When the character is in the watchband...

01



FHM
LOVES

02



03



04



05



06



01. Tree huggers will love its nato strap inspired by the vein patterns of American sycamore leaves and camo prints.

KAPOK X HYPERGRAND MAVERICK SYCAMORE, \$259, KAPOK BOUTIQUE AT NATIONAL DESIGN CENTRE AND KA-POK.COM.

02. Too old to carry the ripped-jeans look? Show your wild side with a frayed canvas watchstrap instead.

NIXON THE PRIVATE, \$259, NIXON AT ION ORCHARD AND TANGS; CLOUT 9; ISETAN SCOTTS AND KATONG; ROBINSONS JEM, ORCHARD AND RAFFLES CITY; AND DOT AT BUGIS, JEM AND TAMPINES.

03. The attention might be on the fact that it's a mechanical watch made by a fully automated assembly line (instead of handmade) — or its vertigo-patterned face — but we love the details on its black silicone strap with black stitching.

SWATCH SYSTEM CHIC, \$209, SWATCH STORES.

04. The classic casual timepiece now comes in

chronograph models. This black face with an equally dark band promises to rock any bare wrist.

TIMEX WEEKENDER CHRONO OVERSIZED, PRICE UNAVAILABLE, THE ASSEMBLY STORE AT THE CATHAY; BENJAMIN BARKER AT ORCHARD CINELEISURE, MARINA SQUARE AND VIVOCITY, CLOUT 9; ISETAN KATONG AND SCOTTS; OG ORCHARD POINT AND PEOPLE'S PARK; ROBINSONS JEM, ORCHARD AND RAFFLES CITY; AND TANGS VIVOCITY.

05. No face to see time? Well, that's the point. This unique time teller features a red LED

display that lights up to show the time. What is more special is it's crafted from sandalwood, including the bracelet.

KISAI RPM WOOD, US\$150, TOKYOFASH.COM

06. Be a painter or pretend to be one by wearing this fun piece that's speckled with "paint" on its face and silicon strap.

PUMA FORM SPLASH, \$125, CLOUT 9, DOT, ISETAN SCOTTS, OG ORCHARD AND PEOPLE'S PARK, METRO CITY SQUARE, AND PUMA STORES.

HARDWARE

TECH IMPROVEMENT

Upgrade your life with these superb technologies.

WILFA PRECISION COFFEE BREWER

Why's it good? Turn your kitchen into a hipster café with your very own automatic drip-style coffee brewer created by Norwegian brand Wilfa in collaboration with world-champion barista Tim Wendelboe. With a simple click of a button, watch as your perfect concoction of caffeine gets prepared right in front of you.

Gimme: \$399 to \$499; Papa Palheta.



ALIENWARE ALPHA

Why's it good? You can now play PC games on your prized — and oversized — plasma screen without the need for a keyboard or mouse (the world's first PC gaming console is navigated using an Xbox 360 wireless controller). And not only does this black box play games, it doubles as a Windows PC, too.

Gimme: From \$1,699; authorised retailers.



LG G FLEX 2

Why's it good? It's all about the curves, isn't it? Not only does this smartphone's curvy figure bring the microphone closer to your mouth for better sound pickup, it offers an immersive HD-viewing experience from any angle and is more comfortable to grip. Plus, with a fast Snapdragon 810 processor and a host of other flashy features such as Gesture Shot (capture selfies with a simple hand motion), laser auto focus camera (delivers quality images in low-light conditions) and fast charging (charged up to 50 per cent in under 40 minutes), this beauty is definitely our flavour of the month.

Gimme: \$998 (without operator contract); authorised retailers.

DYSON DC74 FLUFFY

Why's it good? Both handy and mighty, this cordless sucker picks up both large cracker bits and fine dust all at once. This is made possible by its versatile cleaner head — soft woven nylon envelops large debris, while carbon fibre and sealed suction remove fine dust. Its Dyson digital motor V6 also provides high constant suction power — 10 times that of other cordless vacuums. You now have more excuses to hold regular house parties.

Gimme: \$999; authorised retailers



PHILIPS FIDELIO B5

Why's it good? Transform your living space into a gold-class cinema hall with this set of wireless soundbar that comes with two detachable rear speakers and a subwoofer. And with embedded advanced calibration algorithm, you get a balanced surround-sound experience no matter where you place the speakers. Every part of the soundbar can also be used as independent Bluetooth speakers.

Gimme: \$1,699; authorised retailers.



WE ARE VR NEAR

Virtual reality that might actually, finally, not suck.

Since the dawn of technology, there has been two sure-fire ways to mark yourself out as a d**k head: a) Purchasing a virtual-reality machine; b) Signing up for a "ninja" web domain. This could change (the first one, at least). Four tech giants (and one independent venture) have thrown a load of dosh at VR and come up with five face-hugging futuristic gizmos for us to dribble over...

01 GEAR VR

Who's funding? Samsung

Why's this different? The VR is designed to work with the Galaxy Note 4 phablet as its screen. It doesn't house the most advanced spec, but it does have a built-in "back" button. Which, for some reason, is meant to be exciting.

02 OCULUS RIFT

Who's funding? Facebook

Why's this different? Mark Zuckerberg purchased the company behind this headset for around \$2.7 billion last year. The device is quipped with high-end screens, boasting huge fields of vision. Oh, and multiple motion-tracking sensors to aid "nausea reduction".

03 AVEGANT GLYPH

Who's funding? Independent

Why's this different? Using two million tiny mirrors, the Glyph visor beams games and movies directly onto your retina. Apparently this offers an unrivalled viewing experience.

04 FOVE

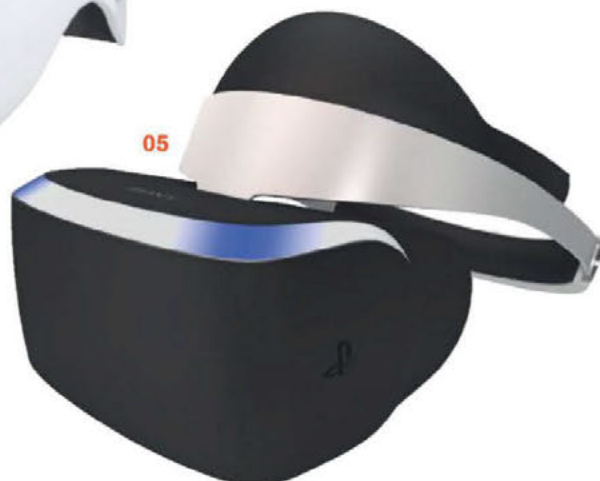
Who's funding? Microsoft

Why's this different? From the guys behind the world's first eye-tracking, head-mounted display, Microsoft has hinted it will sync with the Xbox One. An app-developer kit, which would effectively mean anyone could make software for it, is already in the pipeline.

05 PROJECT MORPHEUS

Who's funding? Sony

Why's this different? The only VR specifically designed to work with the PlayStation 4 console and the PlayStation Vita handheld. Totally immersive *Call of Duty* is very tempting.



LIVING ON THE EDGE ... And Loving it

It might be hard to believe, but these tattooed bombshells are probably geekier — and better at video games — than you are.

Words **Janine Lee** Photography **Milloux Suicide** Styling **Erica Danger**

Guys, meet Lolana “Suicide”, Sunny “Suicide” and Mahneeguh “Suicide”. The trio belongs to a massive online community (six million and counting) that celebrates alternative beauty and indie culture. The chosen ones, like these three, go on to become SuicideGirls, the sexiest, smartest, and, possibly, most dangerous collection of alternative women.

Now here’s a question: What do *Star Wars*, *The Avengers* and pasties have in common? Not a whole lot, unless you happen to be watching the *Blackheart Burlesque* show — a total nerd orgy replete with tongue-in-cheek-humour and erotic sensuality.

Think along the lines of hot women doing sexy dance routines while donning Stormtrooper helmets — and little else. It’s a combination of all your geeky inclinations and lewd fantasies into a surreal 90-minute-long sequence. But it’s the most gratifying 90 minutes you’ll ever spend.

Blackheart Burlesque performers Lolana, Sunny and Mahneeguh are just how we like our women: Free-spirited and adventurous with a huge geek streak. Plus, they’ve managed to combine all our greatest passions into one epic, scantily clad homage to 60 years of pop culture. We’re sold.



Why did you decide to become a SuicideGirl (SG)?

Lolana "Suicide": I became a SG so I could be part of the huge online community of beautiful tattooed women.

Sunny "Suicide": I have a fascination with pin-up modelling and love the fearlessness behind the website's concept. The featured women are gorgeous, alternative and there is a sexy nerd factor that appeals to me. I'm definitely a big dork!

Mahneeguh "Suicide": My parents taught me never to let anyone put saucy photos of me on the Internet, so what faster way to do that than by becoming a SG! What can I say? I strive to be a rebel without a cause!

What is the SG selection process like?

LS: You apply to be a "hopeful", then get a free membership to browse the site and shoot a photoset (40 to 60 images taken in a same setting or theme).

MS: After that, you need to be an active member and get familiar with the other members and their photosets, so when your set goes up, you get the hits.

SS: The more "likes" and comments a model receives from members, the more chance she has to go "pink". This is a celebratory event for the models when they realise their posts literally turn pink, indicating they are officially a SG.

MS: It's a huge community; your success is determined by your involvement and dedication to it.

Tattoos are common among most SG. Why the fascination with ink?

SS: Tattoos are something we celebrate at SG because we believe in individuality and celebrating what personal beauty means.

MS: Something about the thought of a woman being so delicate and soft, yet able to tolerate the pain that comes with tattoos... I find that very sexy.

LS: My tattoos tell stories about myself; stories I want to hold on to forever.

SS: To add, though many of our models are tattooed, it's not a requirement.

Aside from piercings and tattoos, what makes a SG?

LS: Attitude — you have to feel alternative. It means fitting into a class of unique women that you've always been searching to fit into.

MS: She's a strong woman who doesn't give a f**k about society's standards for women. Her wit and cleverness are her sex appeal.

SS: What sets us apart is having the balls to put ourselves out there and express our minds. I like to think of us as the alternative models of the world and social media.

Do you also lead an alternative lifestyle?

SS: I don't lead an average life, that's for sure. I'd never be that girl who is home from work at 5pm, ready to make dinner and do laundry. I love my crazy life surrounded by talented performers and musicians. I love having super-hot tattooed girlfriends who turn heads everywhere we go. I love that I'm up until 5am sewing costumes and writing inappropriate songs. I love living like a wannabe hippie. To others, this makes me alternative.

LS: You could consider my hobbies alternative. I love video games, hiking, writing dark poetry and breaking hearts.

MS: I love to indulge in the pleasures of life. My life is about planning the next trip, the next amazing dinner and the next adventurous sexcapade.

How does this mentality extend to the bedroom?

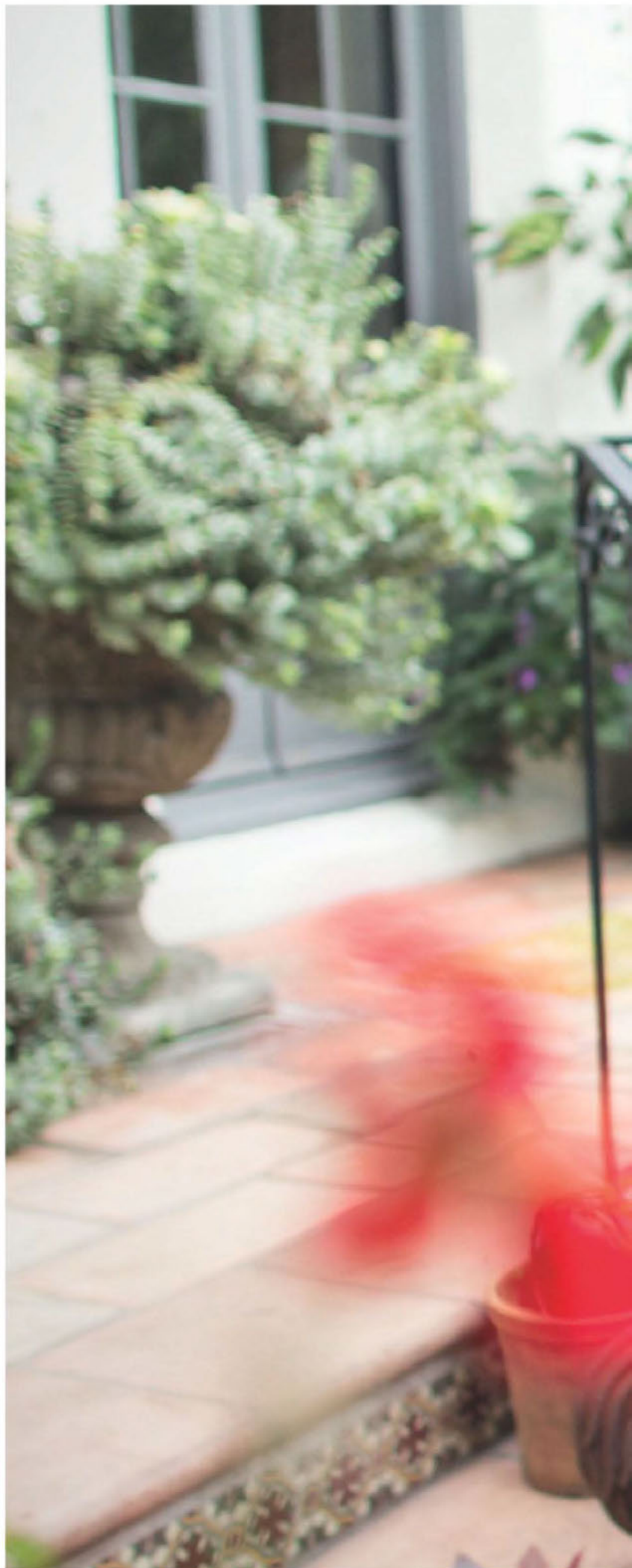
MS: I'm a freak; an adventurous freak.

LS: My bedroom is my playroom!

SS: Let's just say we love keeping it interesting. Think along the lines of role-playing while playing with Xbox.

Have you encountered creepy fans?

LS: The other day while playing video games and streaming it on twitch.tv, I had to block a fan for inappropriate language. He came back and made a new account every minute, using multiple computers






**“My tattoos tell
stories about
myself; stories
I want to hold
on to forever.”
— Lolana**

**“I haven’t faced anything stranger than a man offering \$25k — just to touch my feet.”
— Mahneeguh**





**“Someone said they were taken aback because my underwear was showing through a short dress. My response was, ‘I’m glad I remembered to wear underwear!’”
— Sunny**

and screen names. Once he had two accounts up at the same time and started to argue with himself! I blocked 40 separate accounts that day.

MS: I haven’t faced anything stranger than a man offering \$25k — just to touch my feet.

SS: There was one really awesome fan I was excited to meet but this dude just went crazy. He followed me around after the show. I kept smiling and telling him to give me a moment to find out what was happening with our tour bus. He didn’t like that and began cursing at me. Security realised the problem and began removing him from our group as we took pictures. I still have this series of photos of him slowly being pulled away, while he kept explaining that he loved and hated me. It was funny.

What sort of men do you attract most of the time?

LS: Men with tattoos; we have something in common.

MS: Teachers to lawyers to bodybuilders to stoners. You name it, I’ve had it.

SS: I tend to attract Hispanic men, probably because of my “assets.” One of the things that make me popular on the SG site is that I have a big Dominican behind.

What’s most important to you in a partner?

LS: I love to laugh so a sense of humour always helps. And I always fall for someone with a beautiful and contagious smile.

SS: Physicality is not important to me; it’s all about personality. I love someone dorky with some balance between confidence and humility. Someone who can joke about the most embarrassing day-to-day occurrences, and is a wizard at heart because I’m a huge Harry Potter nerd!

MS: My personality is very similar to a puppy; I get bored easily and need attention, so I love someone with a sense of humour and a lot of patience.

How difficult is it to be attached in this industry?

LS: Almost impossible; I’m constantly travelling while the other party will have to





wait for months for me to come home. I'm single because of that.

MS: My boyfriend used to be in a punk band that toured as well, so he was extremely supportive when my turn came round.

SS: My fiancée is very supportive, but life on the road is tough. A lot of our relationships depend on Wi-Fi, FaceTime and trust.

What's the usual reaction when you tell someone you're a SG?

LS: "So like, do you get naked?!"

MS: They get very excited, then ask what my SG name is so they can search for my photosets.

SS: I usually get wide eyes and then a full-body scan looking for tattoos or something "alternative". Then a scared look that reads, "Whoops, she just saw that" and, finally, the question, "Really? You're a SG? That's awesome!" Next thing you know, we're conversing about beautiful women, tattoos, boobs, and feminism. I love talking about what I do for a living.

How different is Blackheart Burlesque from the other SG shows?

SS: The *Blackheart Burlesque* tour has really embraced what's become of the website over the past 13 years. It's chock-full of pop culture and cult-classic references that have trended on the site. Who doesn't love hot girls wearing Stormtrooper masks — and jumping up and down topless? It's an amazing twist on burlesque — we ditch boas and play in animal onesies on stage!

Do you still feel anxious about appearing on stage with very little clothing?

MS: I'm always a nervous wreck before every show. But I like to embrace this feeling and remember every detail of it because that nervous adrenaline is why I love performing.

LS: I still get nervous whenever I have to go onstage. A shot of whiskey usually helps.

SS: Never! I feel most at home when I ditch my costumes and am left in

**“I love someone dorky with some balance between confidence and humility.”
— Sunny**



pasties in front of thousands of people. Last time I did a show, someone said they were taken aback because my underwear was showing through a short dress. My response was, “I’m glad I remembered to wear underwear!”

What’s the craziest thing that’s happened on tour?

LS: Once, in the middle of a show, a dancer punctured her leg when she stepped on a metal rod. The other dancers jumped in and did dances they’d never done to

cover it up. The audience had no idea!

MS: While getting a post-show drink with the girls, we somehow ended up at a tattoo shop. A fellow dancer got tattooed and tattooed one of the guys in return. We’ve encountered such great hospitality that it humbles me.

Aside from fame and recognition, are you using the SG platform to spread any other message?

LS: I want every girl to know that we need to stop

this girl-on-girl hate. Stop judging each other; we need to stick together.

MS: What’s more punk rock than sticking it to the man? SG lets me to be the sailor-swearing little girl that I am — without judgement.

SS: I advocate feminism and women having the choice to be who they want. I receive e-mails regularly from women telling me how happy they are to see a woman with a real butt and real thighs on stage. SG gives real and alternative

women the opportunity to identify with someone who is on TV, in magazines and on stage. I love living a life where I can be who I am, love who I love and do what I love to do! I wish all women — and men alike — knew they could do the same. **FHM**

The SuicideGirls Blackheart Burlesque show (rated R18) happens 25 April, 7.30pm, at Hard Rock Café Coliseum Sentosa. Tickets from Sistic.com (standard) and Peatix.com (VIP). ID is required.



**“I love to play
video games, go
hiking, write
dark poetry and
break hearts.”
— Lolana**

HOW TO SPECIAL

Part of being a man is knowing how to do stuff. We asked some bloody accomplished, undeniably inspirational and downright bizarre individuals for advice on all manner of things.

Words **FHM UK**

Photography **Marco Vittur**

Styling **Hayley Lawrence**



Blow the roof off any party

BY A SUPERSTAR DJ

Globe-trotting Steve Aoki is your man when you want to supercharge a party. He tells us about the art of getting (and keeping) a dance floor moving.

Starting parties is a tough job. You don't want to shock the system — it's like stretching before a workout. Build a narrative for the night; save the big tracks for the last hour. I'll usually start with some G-house — rapping over house music. Maybe YG's *Party Up*. Or *Bugatti* by Tiga.

I've cleared some dancefloors, of course I have. Every DJ I know, including myself, wants to experiment and take risks. It doesn't always pay off. You could always try bringing the dance floor back with a track like *Freak*, which I did with Diplo.

I focus on specific groups of people in the crowd. This is the sociologist in me — I have a degree in Sociology. Focus on the most energetic person in a group and play a track you think is going to work for that person. There's a swagger to different songs and that attitude will come out in people. You don't want to take people out of that mindset.

Some crowds are tougher than others. I played a corporate party for a car company and they were dressed up, holding cocktails. I once played for a Russian billionaire's wife's birthday. I had to download a load of Russian records I'd never even heard.

Ultimately it's an emotional thing. You need to get the crowd feeling something for the songs, tap into their memories, like when they were 16 in their dad's car. You have to keep that up, keep them feeling something. By the third song, they're taking their jacket off for sure.

DIY

AOKI'S 3 TIPS

"Michael Jackson can always be relied upon. *Wanna Be Startin' Somethin'* — that was a go-to track for me."

"Try putting vocals that people know into a different context. I want people to hear Dolly Parton's *Jolene* vocals over Daft Punk's *Da Funk*."

"If all else fails, you could always invite some weird animals to jump around in the room. Like a monkey. You have to be nice to the animals though, otherwise that would be totally f**ked up."

Deal with Pain

BY A GRIZZLED

DAREDEVIL



MODELS: STACEY H/BODY
LONDON; KEITH/ZONE; STANLEY
THE DOG STYLIST'S OWN.
HAIR AND MAKEUP: CHARLOTTE
GASKELL AT LHA. CLOTHING:
FROM TOPMAN.COM. ALL
FURNITURE, FROM HABITAT.
CO.UK. BIKE, FROM
CONDORCYCLES.COM

Professional Welsh lunatic, and *Dirty Sanchez* member, Matthew Pritchard on the art of getting really, truly, appallingly hurt.

I never decided to do this. I wanted to be a stuntman as a kid. I'd put on shows for my mates. I'd line up loads of tables, run along them and fling myself out of a second-floor window. I was on first-name terms with the local hospital. They were bloody great, though. They looked after me.

Overthinking pain is a problem. Just do it. Anything MTV planned on the show didn't work. Things we came up with out of the blue were funnier. Like when I put my balls in a pool-table hole and someone hit a ball into my balls, hard.

Once on *Dirty Sanchez*, we played *Trivial Pursuit*. Not being the brightest, I lost and had to have a drill through the skin between my thumb and finger. It looked so graphic and I was in so much pain they couldn't have it on the show. I was in bed for eight days over Christmas. I had septicaemia. My mum went f**king nuts.

There're other kinds of pain. I had to phone my mum up and read her a speech the other guys had written, talking to her in the most disgusting way. It was so embarrassing. Luckily, my mum has a sense of humour.

I don't handle emotional pain very well. I'm quite happy-go-lucky, so I'm not the best to deal with it. I split with a girlfriend after 11 years; we had a

house and everything, so that was difficult.

Determination is the thing. I went for the world record for being hit with paintballs. It was 102 — and I did 103. Five metre range in just a jockstrap. It was agony but I wanted to get in the *Guinness Book of Records*. That's what kept me going. But they were winding me up; there was no such record.

I chopped the end of my finger off for the *Sanchez* movie. We were in Japan. The *Yakuza* used to chop people's fingers off, so they got this cigar cutter, and bang, it came down and [fellow *Sanchez* member] Dan Joyce swallowed what came off. It didn't really hurt, it was so quick. So quick is best.

Having an addictive personality helps drive through pain. I can't just do a marathon, I have to do an ultra-marathon. I do a lot of Ironman events. I went mental during *Sanchez*; I was bloated from alcohol and f**ked up from drugs. So I started looking after myself. I ran from John O'Groats to Lands End, 54km a day for 30 days. That's a different pain; it's almost enjoyable. I wouldn't call myself a stuntman. I'd just call myself an idiot, really.

THE MORAL IS: Pain's not as bad as the idea of pain. Man up, grit your teeth.

Choose a new best friend

Pet behaviourist Sarah Linehan on picking a breed of dog to suit your lifestyle.

Springer Spaniel: A fun breed with loads of energy. Owners should love walking, as they need at least two hours' exercise a day. They can be possessive so it's important to be the "pack leader" from the start to prevent this from becoming a problem.

Border Collie: Very intelligent dogs with high energy. If you are thinking of getting a Border Collie but don't want to do any fast sports, then you'll need a lot of obedience training to prevent boredom. Frustration can lead to excessive nipping and aggression.



Jack Russell Terrier: Stubborn, wilful, fun, clever and definitely not a lap dog. Owners must be tough because, although small, this breed has a huge personality and can be very demanding and defiant — leading to yappy, snappy behaviour.

French Bulldog: Affectionate, stubborn and boisterous. Clever but lazy with training, so you need lots of patience and a good sense of humour. Can have health issues, so choosing a good breeder is essential. They also enjoy being part of a family, so this is a good choice if you've got kids.

Greyhound: A lovely, affectionate breed but aloof with strangers. Surprisingly lazy and needs less exercise than you'd imagine. High chase drive, so will take off after other animals without thinking about what they may run into.

Rock out like a guitar god

BY A HEAVY-METAL ICON

If a life of sex, drugs and rock n' roll appeals to you, let god of thunder incarnate and former Ozzy Osbourne axe-wielder, Black Label Society's Zakk Wylde tell you how to survive your way to rock immortality.

On the road, you have to use Oil of Olay – it's good for the skin. And take plenty of naps as you need your beauty sleep. It also helps to be a Catholic. I'm one, and considering all the Satanic rituals that we take part in before the big rock shows, being a Catholic pretty much balances everything out.

People often say to me, "Zakk, you quit drinking since you got those blood clots. Can you still be rock n' roll?" But I didn't quit drinking, my body quit drinking. There's a difference.

I still wake up in the morning with my pants around my ankles and no recollection of anything. But people say I had a great time!

Remain humble when you meet your idols. When I first met Ozzy, I was crapping my pants. I walked in and he said, "Zakk, all I want you to do is play with your heart... now change your pants and make me a ham sandwich." At the last Classic Rock awards, all the guys who were on my walls as a kid were walking around — Jimmy Page, Tony Iommi, Alex Lifeson. Even though I'm 47, I still have moments where I feel like I'm 14 years old.

Nothing has changed since I was 14. I enjoy listening to Zeppelin and Sabbath records, and I still jerk off. Then I carry on with the rest of

my day before repeating the process.

When someone new joins Black Label Society, they have to bring something to the table. Namely having had herpes, gonorrhea or lice. They have to have had at least one of those. In the early days of Black Label, with our road guys The Doom Crew Inc, we were basically one rolling insane asylum. Pills, booze and even snorting dirt thinking we could get high off it.

I do guitar workshops for kids; it's an awesome time. The kids ask me how to be a rock star, so I show them scales and power chords. After which I go, "Now... this is alcohol!" Then I introduce them to Mr Thompson who is an attorney and I say, "He will help you with your third, fourth, fifth and possibly sixth marriage and all your alimony cases."

Then I introduce them to the rehab counsellors. If you want to paddle in the rivers of rock, you'll need one of those, too.

THE MORAL IS: Have a very, very good team of all-star lawyers at your disposal for when your brain caves in and your four ex-wives sue you simultaneously.

Reboot your desk

Productivity expert Matthew Brown
from thinkproductive.co.uk
on blitzing your work space.

"Eat the frog. That means make sure the first thing you do every day is something that's been hanging around for ages. Once it's done you'll feel better about yourself."

"Have a good to-do list. Split up projects into individual actions that you can accomplish instantly. And remember: No one ever gets to the end of their to-do list."



"Don't rely on e-mails, notebooks and Post-it notes. Have one single task-management app to tell you what to do, such as Pocket Informant (available on Google Play and iTunes stores)."

"Dealing with e-mails makes you a hamster in a wheel. Check them three times a day, at 9am, midday and 4pm. In between those times do some work, don't piss about with e-mail."

"When doing your e-mails, don't assign them all equal importance. Focus on the five that really make a difference and forget the rest. If you spend less time on e-mails you'll have three or four more hours that you didn't have before."

Buy a bike

Tips from UK bike festival Spin London's director Luke McLaughlin.

BE PRACTICAL

"What's the bike for? A racer might be faster, but a hybrid or a mountain bike may be more practical for a commute. If you're planning on long weekend rides going up plenty of hills, a lighter bike will be better."

SIZE UP

"Buying the right sized bike for your body and setting it up right is essential. Personal bike-fitting services can be included in the price of the bike — but it's worth paying for the extras. The benefits last for years."

MAINTENANCE

"Learning the basics will save money in the long run. For instance, novice bike riders apply too much lubrication to the chain, leading to excessive wear as particles collect on the chain and gears."

Go for a Brooks leather saddle if you're feeling flush. They look boss.

Don't insist on drop handlebars just because that's what you've seen the pros use. They're not for everyone.



Tyre width affects how a bike behaves on different surfaces. The most popular width on road bikes is 23mm.

Be an absolute boss in the kitchen

BY A CHEF WHO

KNOWS HIS ONIONS

Former head honcho at hip London restaurant Ottolenghi (and co-founder of Jago) Louis Solley on the art of being a domestic culinary commander.

Firstly, find a knife you like. Big is not always better. I don't like Japanese knives because they're too light. I'd recommend a Dick. It's a German brand. It's solid, it'll last years and it has a funny name. When you chop, rest the blade against your knuckles and rock the knife up and down with your fingers tucked back, otherwise you'll whip them off. I've got no feeling in the top of my left index finger because I severed all the nerves after I chopped half of it off.

The secret to cooking meat is to cook it slowly, for a long time. I'm talking three to four hours on gentle heat. And remember when you roast, always rest your meat after you take it out of the oven for at least half the time it's been in there. It's called the Maillard Reaction. When you put any type of muscle under heat, it contracts and all the blood sugar goes into the middle and seeps out of the meat as soon as you cut it. But if you leave it, the muscles relax again so all that flavour spreads back through the meat. Don't worry about it cooling — meat actually tastes better when it's not piping hot. If meat comes to me hot in a restaurant, it's usually because they've stuck it in a microwave.

I'm not much of a gadget man but I do enjoy nitrous oxide.

This is for kitchen use, not recreational. It's brilliant. You could buy a gas dispenser from any good kitchen shop and do whipped cream in it. If you melt chocolate and cream and put it in, you have got an instant chocolate mousse.

If you have a girl over for dinner, you want everything sorted.

The last thing you want is to be meddling about in the kitchen all evening, and not talking to her. My greatest weapon of seduction is lamb shoulder in red wine. Put the shoulder in the wine in a baking tray and add big chunks of carrot, a few cloves of garlic, rosemary, prunes and salt and pepper. Then just stick it in the oven at 160



deg C for four hours and you'll have the most magical dish. This dish is what won my current girlfriend, in fact. She hasn't looked back since!

When I get home, I don't want to make an effort. I usually get myself a great big steak and have it with a watercress salad and a nice chunk of bread to mop up the juices. No washing up required. Season and cook the steak on both sides for two or three minutes. Add a knob of butter at the end to keep the steak nice and moist, and then pour all the nice juices over it. Add a big bunch of watercress, a little bit of olive oil, a little bit of salt and pepper, a splash of vinegar and anything you've got in the cupboard. When I've been meddling about in the kitchen cooking fancy food, that's the kind of thing that puts a smile on my face.

DIY

GORDON'S 3 TIPS

Starter intel for getting your chef on, courtesy of Sophie Gordon, co-owner of the All Day Dining Room in London.

Have this stuff in the cupboard

"Black olives, garlic, anchovies — a jar, not tin — capers, lemons and tinned tomatoes. All big flavours. When you're back from the pub and there's no food in, make puttanesca pasta. People think anchovies taste fishy but they add depth to dishes quickly."

Have a homemade rub

"Make your own rub with ketchup, some off-the-shelf barbecue sauce, Worcestershire sauce, chilli, smoked paprika, cayenne and a small splash of orange juice to loosen it. It's really simple. You just mix it up and then rub it on chicken or a rack of ribs."

Eat cheap, eat well

"People think expensive meat is best. But with slow cooking, cheap cuts have the most flavour. Pork belly is cheap but gives amazing crackling. Score the skin, rub in fennel seeds and salt, roast on high for half an hour, then turn down low for two-and-a-half hours."

Be a romantic

Break-up and relationship coach Laura Yates on the art of sweeping girls off their feet.

Don't overdo it with compliments. Every girl likes to be told we're beautiful, but telling us endlessly seems needy.

Do show you're proud to be with her. I'm not talking huge PDAs, but a protective arm around her in public goes far.

Don't think it's all about flashing cash. Spending money with no thought about what you're spending on isn't romantic.

Do keep texts upbeat and flirty, but don't text endlessly as this ruins her anticipation of seeing you.

Don't just rely on texts. We forget phones make calls, too. It's a pleasant surprise when you call to ask how her day was.

If you buy her a gift, make it something she's mentioned. Women love a man who listens.



Think like a sporting champion

BY A WORLD CUP WINNER

Let former England rugby international Lewis Moody explain how to get the mindset of a champion and become the healthiest, strongest man in the whole world.

I'd always recommend setting yourself targets in everything you do, fitness-wise. Blow everything out to make sure you make it. I'm slightly disappointed that I've never been physically sick in hardcore training. It's always a surprise how far the body can go. Sometimes you're halfway through a session, and you think "that's not physically possible, there's no way I can go on", but with targets you do go on; you realise that your body is capable of a lot of stuff.

For me, it's about knowing how I'll feel if I don't do it. I just know how miserable I'd feel. Say you have a cold, or you'd had a really brutal week and you're knackered, you

still have to do it. Once you're in there and you start pushing it, you start feeling good about yourself. Again, if you always have targets you'll feel like you're letting yourself down if you don't hit them. As a player I never wanted to feel like I was failing. Each day I wanted to feel that sense of achievement. **In 2003, when I was in the World Cup-winning side, we were as fit as we possibly could be; the fittest team in the world.** It made playing the game more enjoyable, everything just became easier. It's about confidence. You see a lot of people in the gym who worry that people are watching them. The people I have respect for in the gym are the ones who won't be held back.

They're not worried about looking stupid. They're the ones getting the benefit. **Ultimately, all training is money in the bank.** All that hard stuff — when you don't want to do it, when you're feeling tired, when you're feeling sick, when you're pushing yourself through a session that's particularly brutal and you get those last couple of reps done — that's all money in the bank. On a bad day, it's that that'll give you the confidence and mental strength to hold your shoulders back, walk tall and do what you need to do. It's easy to be confident when things are going well for you, to have the same level of confidence when they're not, that's when you're really in a good place.

DIY Moody's 3 Tips

01 Buddy up

"When you're ready to call it a day, and that last rep is getting that little bit harder, having someone over your shoulder, telling you that you can do it will make you go that little bit further."

02 Hill sprints

"Create a start line at the bottom of a hill and sprint up as far as you can for 30 seconds. Jog back, and go again to hit the same marker. Do it 10 times. An absolute lung and leg burner."

03 Change up the intensity

"If you've had a bad day or a bad night's sleep, reduce what you do but make sure what you do is real quality. Like a good 20-minute conditioning session or weights session."

Dress for an interview

FHM UK fashion editor Daisy Deane on how to look your best when meeting your future boss.

When it comes to tailoring, the cardinal sin is **baggy shoulders**. It looks ridiculous.

Avoid the shaggy indie look, even if it's your staple. Try something slick and neat.

Don't risk bold patterns. If you must, go for a simple polka dot.

HOW TO GET A JOB

...At an Internet Company

by Google PR manager Stephen Rosenthal.

"We're always looking for our next Noogler (new Googler) — someone who's nimble, loves big challenges and good at lots of things. That means we like people with a variety of strengths and passions; not just one isolated skill set. We're also less interested in grades and more interested in how you think. So we'll ask you questions about **how you solve problems**."

...At a Radio Station

by DJ Charlie Hedges.

"I scored some work experience at UK's Kiss FM when I was 13 and did it on and off for several years until I got a call saying a tea-making job had come up. I worked my way up from there. It's important to be 100 per cent yourself, as your passion for music will then shine through. Definitely have a great knowledge of the station and the music it plays; bring some of your own ideas too, about where you see the station in five to 10 years. Most importantly, be persistent!"

...At a Magazine

By, erm, us.

"If you want to work here, it's vital you make yourself as familiar as possible with the brand. It's amazing the number of applications we get from people who haven't even looked at the mag. Read the features, articles, bits and bobs that already appear in its pages and try to think up some ideas that could slot right in alongside those. Ideas are the main thing. So have as many as possible. Ten brilliant ideas are worth more than any certificate or degree."

Don't always go for a suit trouser. It can look try-hard. A slim-fit chino does the job.

If you wear trainers make them leather, not canvas. Scuffs aren't acceptable.

Take a picture

**Professional lensman
Danny North on getting a
perfect snap.**

"With camera phones, turn the flash off. Natural light always looks superior. Always."

"The Rule of Thirds sounds complicated but it's very important. Divide your screen into three sections — horizontally or vertically — and use those thirds to frame the picture. It makes things look more cinematic."

"Zooming on a camera phone is always a bad idea. It's a digital zoom — it doesn't actually zoom, it just crops. You're better off taking the photo and cropping it using an app."

"Megapixels mean nothing. What you need to look at when buying a camera is how well it performs in low light."

"Thinking about light can change a photo from being terrible to being amazing. If you're taking a picture of a mate and the sun is behind his head, it will almost certainly leave him in shadow. Don't forget you can move your feet."

"Look for a new perspective from what everyone else does. So if you're at the Eiffel Tower, go in close and pick out the details. Get down low, get your knees dirty, climb stuff. Put in more effort."





Make a kick-ass computer game

BY AN APP

GENIUS

Simon Read single-handedly created the smartphone phenomenon *New Star Soccer*. In 2013, it beat *Fifa 13* to win the Bafta for Sports Game of the Year.

When I left university, I had no idea what I wanted to do with my life. I had studied English, but really I wanted to get into programming, which had been a hobby of mine as a kid. So I bought a PC, picked up some books and started teaching myself to code. I wrote a simple manager game for the 2002 World Cup on the PC. But I had a better idea.

I was fascinated by David Beckham and the rise of the superstar footballer. Players in the early Premiership era were becoming millionaires overnight. I wanted a game that delved behind the scenes of football and looked at the life of the player; getting into trouble with his manager or popstar Wag. I was initially trying to create something along the lines of *Flick Kick Football*. Within four months I had the whole game in place. I called it *New Star Soccer* (NSS).

I developed newer versions. Then I incorporated more add-ons, from sports cars and yachts to the ability to buy new football boots and energy drinks (for real money) to improve your player. That's the secret of the game's success. The role-playing side

appeals to people. In the space of a few years, 200 users turned into a million. To date, NSS has had over 11 million downloads.

Winning the Bafta for Best Sports Game in 2013 was an incredible but surreal moment.

I mean, I beat huge-budget games with state-of-the-art graphics. Seeing them on the big screen when the shortlist was read out, then seeing the basic graphics of NSS seemed ridiculous. But the judges thought my game was better. My spine still tingles thinking about that night.

The truth is you don't need state-of-the-art graphics to create an amazing game.

A great idea and smooth gameplay is the key to success, not polish or marketing. You can do it on a shoestring, as NSS has proved. Tom Cleverley is the highest-profile player who I know plays the game. I like to think other footballers play too, but I've no way of knowing for sure.

I have to go. I've been challenged to a game of *Pro Evolution Soccer* and I never turn down a gauntlet. Such is the life of a computer game designer, I suppose. **FHM**

DIY

Read's 3 Tips

01 "There are lots of tools for building apps out there, but find one that suits you and the game you want to build. A lot of people use Unity, which is great for 3D projects but might be overkill for your needs. I use Monkey X, which is a lot simpler and perfect for 2D games."

02 "Start with small ideas and grow them. It's hard enough to complete a project at the best of times, so big ideas should stand on the shoulders of smaller ones."

03 "Most importantly, work on projects that you are passionate about. Don't look for a gap in the market, just make something you are proud of. If you love it, then other people will, too."

ROXANNE GAN

NETTED TOP, BY REEBOK. WHITE
BIKINI SET, BY BIKINI STAR.

HAIR & MAKEUP: HONGLING USING
BED HEAD BY TIGI AND MAKE UP
FOREVER. LOCATION: HOM YOGA.

MIND AND BODY

Yoga not only kept Roxanne Gan nimble, it also built character and gave her peace of mind. No wonder the avid practitioner wants to spend the rest of her life on the yoga mat. Guys, ready to join her?

Words **Cheryl Tay** Art direction **Dannii Choo** Photography **Ealbert Ho** Styling **Arthur Tan**



ROXANNE GAN

Like men who cut their beer intake because their “six pack” has become one big “keg”, Roxanne Gan’s relationship with yoga began with the intention of shedding excess kilos. “I started practicing yoga because a guy I was dating told me I was fat,” she laughs, “But over the years, yoga became a passion and it makes me feel good. It’s something I want for the rest of my life!”

The 25-year-old yoga instructor discovered the discipline in her first year of university. She was hooked on it but was sidetracked when she started working out at a gym.

But yoga quickly found its way back into Gan’s life when her gym instructor encouraged her to take up a teaching course in Les Mills BodyBalance (yoga-, *taichi*- and pilates-inspired workout). Following that, she started teaching a movement class at the gym, regained her passion for yoga and soon decided she wanted to be an instructor.

“I wasn’t strong academically and was losing interest in my studies,” she admitted, “All I wanted was to get more certifications in teaching [yoga] so I could conduct more classes. The more I taught, the more confident I became. I felt it was the right job for me.”

After graduating from university, Gan zipped off to ground zero India to get certified in yoga. Upon returning home, she began imparting her skills at various boutique studios and, soon, an opportunity to open her studio came about. With two business partners, they set up Meraki Yoga last year. Unfortunately, the partnership did not work out and Gan had to make the painful decision of leaving Meraki after only six months.

“Looking back, it was a great experience. Failures teach you lessons. I came to a point of determination versus desperation; I was determined to get things right but I also saw that things would not go my



way...” she shared.

“When I left, I became very stressed and depressed; I could not sleep, lacked motivation and gained a lot of weight. People started fat-shaming me; it caused a lot of emotional hurt. I was in a bad place and couldn’t lose weight no matter how I exercised or dieted.”

Thankfully, Gan focused on being happy and staying true to what she really wanted. Her body naturally healed. Despite the setbacks, she remains passionate about yoga and is currently teaching at boutique studios, including Hom Yoga and Yoga Inc.

“2014 was a rough year

but it’s behind me now. I made some tough decisions and followed my heart to get to where I am. I received a lot of support and private messages; encouraging me and saying how much I’ve inspired them. I want to inspire people not in terms of how I look, but with my mindset and attitude.” **FHM**



BIKINI TOP, BY
SEAFOLLY. TIGHTS, BY
UNDER ARMOUR.

OPPOSITE: SPORTS BRA,
BY UNDER ARMOUR. BIKINI
SHORTS, BY SEAFOLLY.

ROXANNE GAN

**“I became a
happier person by
making tough
decisions in life
and following my
heart to get to
where I am today.”**





WORKOUT TOP, BY
REEBOK. BIKINI SET,
BY BIKINI STAR.

OPPOSITE: BIKINI
TOP BY SEAFOLLY.

“I started practicing yoga because a guy I was dating told me I was fat.”

BIKINI TOP, BY
BIKINI STAR. LONG
TIGHTS, BY PUMA.

76

74

83

BE ATTACKED BY AN MMA FIGHTER
OR FOUR POLICE DOGS?

JUMP OFF A BUILDING OR
HAVE A TOOTH RIPPED OUT
WITHOUT ANAESTHETIC?

WOULD

YOU

WALK IN ON YOUR PARENTS BANGING
OR HAVE THEM WALK IN ON YOU?

LIVE ON 500 CALORIES A DAY
FOR A YEAR OR 5,000 CALORIES
A DAY FOR A YEAR?

RATHER?

THE POWER OF INVISIBILITY OR THE
MIRACLE OF FLIGHT?

BE IN A RICH POP BAND OR A POOR
AWESOME BAND?

They're pub-based debates as old as time. A single choice, no third option. *FHM* cooked up some classic dilemmas and asked some folks who actually know their stuff to help us choose the right path.

FREEZE TO DEATH OR
BURN TO DEATH?

Words **Rosie O'Houlihan**
Illustrations **Robbie's Brown Shoes**

BE LOST IN THE JUNGLE OR
ABANDONED IN THE DESERT?



WOULD YOU RATHER

**BE ATTACKED BY
AN MMA FIGHTER**

OR

FOUR POLICE DOGS?



Chris Douglas, MMA fighter, says:

"Mixed Martial Arts takes place in a controlled environment, so some of what we do wouldn't

work in the real world. If you take someone down in the ring, it's padded. But taking someone down straight onto concrete, that could kill them. Street fighting can be incredibly dangerous. Having said that, we train to take people down who know we're going to try to take them down, don't want to be taken down, and are trained to not be taken down. If it was just some guy running towards me on the street, I'd use their momentum and skyrocket them. If they're throwing big loopy punches, you've got them. The more movement there is, the more easily you can take them down.

"Personally, in the ring, against four police dogs, I don't think I'd hold my own. There's four of them. Fighting a fighter, you could stave off the attack and tire them out — it's hard to fight someone that doesn't want to because a lot of what you do capitalises on other people's mistakes — but police dogs are going to be a lot more nippy."



Tony Jordan, canine unit manager of two county constabularies in England, says:

"Police dogs are not trained to bite the living

daylights out of you. What the dogs are trained to do is to detain you until an officer can reach you and physically arrest you. If you're running away, the dog can get to you quicker and will bite you to stop you from fleeing. We train them to bite the arm because that will minimise damage. The thigh could result in muscles being ripped out. In practice, bites do happen elsewhere, because a dog is an animal. If you're running away from a dog, the most logical place for a dog to bite you is the butt, really. Once it's bitten you it'll just hold on, like a vice. If you then turn on the dog, it'll bite harder and potentially end up biting you all over. If you fight with them, they aren't fussy. But you'd have to be daft to fight a police dog. Or on drugs. If you just stand still, the dog should just stop short and start barking at you. Our two county police have 34 police dogs. In 2013, they only bit 15 people. It doesn't happen very often."

FHM VERDICT: Both are disciplined, single-minded opponents, but a dog's objective isn't to beat the shit out of you. Dogs.

WOULD YOU RATHER
**WALK IN ON
YOUR PARENTS
BANGING**

OR

**HAVE THEM
WALK IN
ON YOU?**



Comedian Daniel Sloss says:

"I've never walked in on my parents having

sex. In my world, my parents don't do it — there's no proof my brothers weren't adopted — but they're fully aware that I do.

"I've walked in on friends and had friends walk in on me. I'd rather walk in on someone, because then I can just f**king leave, but if someone walks in on me, I have to trust them to go. What if they don't?"

"I once walked in on a friend having sex at a house party and I wasn't happy about it — it was my parents' house — so I just stayed there until they stopped. But then two hours later, I was having sex, and they did exactly the same thing to me. And obviously when they were doing it, it was disgusting; but when I did it, it was beautiful and inspirational.

"My mum once caught me masturbating. She just went, 'Well, you're not gay!' I was watching lesbian porn, so it either proved I was straight or proved I was a lesbian. And I caught my friend's dad masturbating once, which was awkward."

FHM VERDICT:

Being walked in on might be embarrassing, but it probably won't mentally scar you for life. Unless your dad makes fun of your knob. Being walked in on.

WOULD YOU RATHER

FREEZE TO DEATH

OR

BURN TO DEATH?

**Explorer Hazen Audel says:**

"The most challenging environment I've ever been in was the Arctic, because if you don't maintain your drive to stay warm, you'll die of hypothermia. I'd never been so cold and it was terrifying at any point when I was out of sight because the visibility had become so poor. It's unnerving, like being left in a dark room all by myself.

"When you start to succumb to hypothermia your body starts slowing down and you begin to become more comfortable, but that's your body giving up. You have to fight that urge for your body to slow down. You have to constantly monitor yourself and make sure your core temperature is in a safe situation. The cold gives you that ice cream headache when the wind blows. It's so unbelievably freezing there."

**A burns victim (who preferred to remain anonymous) says:**

"I was working on a furnace and the welds had blown, releasing all this built-up pressure. When I first realised what was happening to me, I was already on fire and laying in a pool of molten aluminium. I couldn't breathe due to the impact — in the end, this turned out to be a good thing as I would have ended up with severe damage to my lungs and oesophagus.

I never lost consciousness, which allowed me to comprehend what I needed to do. My options were to try and escape the situation or give up and succumb to the flames. I thought of my family, and that drove me on.

"I had some protective gear on but welders' jackets are not fireproof, and removing my flaming gear and lifting myself out of the molten aluminium meant burning the flesh of my hand and arm severely. I could smell my flesh burning — which is something you never forget. I was lucky enough to only sustain third degree burns to 10 per cent of my torso, arm, and hand. There were guys in the hospital's burns unit who were 80 per cent or higher.

"It was the most painful, devastating event of my life. But while there may be skin grafts and scarring, there is still breath and life."



FHM VERDICT: A fatal dose of coldness, although still not ideal, actually sounds comparatively tolerable. Getting sleepy and dozing off forever is something we can all get behind. Freezing.



WOULD YOU RATHER

WOULD YOU
RATHER LIVE ON
500 CALORIES A
DAY FOR A YEAR

OR

5,000 CALORIES A
DAY FOR A YEAR?**Nutritional therapist Sarah Bishop says:**

"500 calories a day — which is

the equivalent of two Snickers bars — would be classed as a very low calorie intake and would only be suitable for use under medical supervision. Unmonitored, it could cause health problems like gallstones, heart defects and anaemia, as well as other vitamin and mineral deficiencies, which could affect bone mineral density.

"If you were to eat 5,000 calories of fast or processed food (often very high in sodium, saturated and trans fats), you run the risk of rapidly gaining weight, especially increasing visceral fat (the hard fat round your organs), increasing your bad cholesterol and blood pressure. If this diet was sustained over a prolonged period of time, you may eventually develop metabolic syndrome, cardiovascular disease or diabetes.

"Over a year, you could develop conditions that could kill you, like heart disease and malnutrition. The weight gain on 5,000 calories may lessen your life span, but I'd say 500 calories a day would kill you faster. You'd collapse and end up in hospital, your body would start to slow down, things like growth and repair of skin cells would be seriously affected, and you'd become more susceptible to infections."

FHM VERDICT: Everyone dies, so die fat. 5,000 calories.

WOULD YOU RATHER

BE IN A POP BAND WITH NO CREDIBILITY

OR

AN AWESOME BAND THAT WERE UNLIKELY TO EVER GET RICH?



Ghostwriter to pop stars and veteran journalist Jordan Paramor says:

"I've worked with every boy band going. Blue, One Direction, all of them, really. About half of them are very rich and half end up without a pot to piss in. I used to live with a pop star and when his

band broke up he owed the label \$144,000. That kind of band is all about the image, and maintaining that image, so for instance One Direction's hair stylist travels with them 24/7, and she's on the payroll on a probably very good yearly wage. It's great when you first join the band, with limos and stylists and runners, but you're actually paying for it all — it comes out of the advance and gets sucked up and there isn't anything left for you. But if you get to a certain level like One Direction, then the endorsements start and you can make millions. There's not a lot of money in selling records; it's all about dolls, books, crayons... record sales get them popular but don't get them rich.

"Their lives are made as easy as possible — they live in a bubble. People look after them and take away as many everyday worries as possible. I know someone who was working with a band who'd get a call in the middle of the night asking for a sandwich. Their lives can become completely out of touch with reality. That's why a lot of the time when people leave these bands, they go a bit insane. But the payoff at the time is incredible — girls are throwing themselves at you, you're hanging with beautiful people, the world is your oyster and you can do anything you want.

"In terms of credibility, in the beginning they don't give a shit. They'll sing anything if it might chart. But as they get older, they want to be seen as more credible. When they can't walk down a street without getting mobbed, I'd imagine they have moments where they'd just like to make the music they like. When you join the band, you don't necessarily know much but spending time in studios with producers and writers, you'll end up wanting to make music. That's if they have half a brain — some of them don't give a shit."



Jon Davis from the band Conan says:

"When you're in the sort of band we're in — a genre called 'doom metal cowboys' — you have total control over what you produce and perform. We control our own destiny — whether we get big or small or stay doing what we're doing is down to us.

We're in Australia now on a 10-day tour and I couldn't imagine coming all this way and not playing the music I want to play. I can't help but feel that bands like One Direction maybe feel like puppets on strings, having to dance to someone else's tune. I don't know whether those guys write their own music, but for me it's an artistic release — I get something tangible from doing it.

"The lineup we've got, we've known each other for years, and we'll spend hours and hours in tour buses stinking of sweat together. I don't think you get that in the bigger bands; you probably get pampered and don't have to suffer any hardships or burst tyres in France, and that's the sort of thing that we deal with all the time. We feel as if what we're doing is the real music industry. We're the unseen foot soldiers right at the bottom doing the hard work, while the pop bands at the top are just kind of creaming it. They're judged on their good looks, while we're ugly as f**k. But nobody's going to care if they catch me smoking something illegal somewhere — that's what people expect with the kind of band I'm in. But young girls are really into pop bands, and if they get caught doing something slightly adult, it's big news. I'd hate to be screwed in that way. I'd hate for anyone to be reading kiss and tell stories from when I was younger or anything like that. It'd be really shit.

"They clearly earn a lot of money and we don't, but we didn't start this band to get rich. It's this internal desire to go out there and play music and I'll keep doing it regardless of cost. I've got enough money to live — I've got other streams of income, a recording studio and a small record label, and I've been able to drop the day job. We can do what we want — we're our own masters. Nobody tells us what to do."

FHM VERDICT: You know what it takes to be truly talented? Time. You know what affords you loads of time? Money. Can we get rich from being in a shit pop group then form a doom metal band? No? F**k cred then. Pop.



WOULD YOU RATHER

ABANDONED IN THE DESERT

OR

BE LOST IN THE JUNGLE?



Levison Wood, the first man to walk the entirety of the Nile, says:

"The first priority is water. The general rule of thumb is you can do three minutes without oxygen, three days without water and three weeks without food, but that goes out the window in the desert.

When you've got temperatures of 50-55 deg C, you're not going to last a single day without water. Avoiding the direct sunlight is another thing. I spent a month in the Sudan and another in Egypt. Luckily I was by a river for the most part, but there were times when for security reasons, I couldn't be.

"People have an idea of what the desert looks like, but it's not just sand dunes. The desert I was in was volcanic, so it was a sort of endless plain of gravel and black rocks. It's difficult underfoot, but if you look hard enough you can find plants. I was drinking about nine litres of water a day, as opposed to the two or so that you'd drink at home. Carrying several days worth is pretty difficult. I used camels, but camels need water, too.

"In the desert, you can drink straight from the river, but in Egypt where there are a lot more people crapping in the river, you'd better not. Heat stroke is also an issue — you've got to know the warning signs of dizziness, nausea, talking rubbish. It can come on very quickly. A journalist on my expedition died of heat exhaustion after three days. If it happens, you need to cool your body as soon as possible or you'll be braindead in a few minutes.

"Sandstorms can be a real issue. They come out of nowhere and fill the entire sky for hundreds of kilometres. It's deeply uncomfortable, it freaks your animals out, and it makes navigation incredibly difficult. We had a thunderstorm as well, and the ground can't really absorb the water, so flashfloods are a concern.

"There's more life in the desert than you'd expect. There are monitor lizards, snakes and scorpions. If you were dropped in there alone with nothing, you wouldn't last 24 hours."



Explorer Hazen Audel says:

"Knowing how to identify specific kinds of vines to cut open and get water in the jungle is key. It takes a long time for your body to get adjusted to the kinds of bacteria there — the people that live there are used to it and their guts are tough, but if you've grown up in a city and drink it, you're going to get so sick that you won't be able to move.

"Even though it's incredibly hot, when it rains, if your clothes get wet, they just don't dry because it's so humid, so at night you run the risk of dying from hypothermia. Learning how to make a quick shelter and getting out of rain could save your life. If you're wet and not eating very much, it'll take a tremendous amount of energy to maintain your body temperature.

"The chances of running into a poisonous snake are pretty low, but if you do get bitten, it means you're done. You need to be hyper-aware of poisonous snakes. If you're getting into the water, say crossing a swamp, the order of magnitude of things that can kill you go up. There are a lot of things in that murky water — electric eels, crocodiles — and the odds are you won't see what kills you. The tribe I lived with had lost people to anacondas. A lot of the tribesmen also die from rotten branches falling on them from trees. Not a lot die of old age.

"The rainforest has an abundance of food because there are animals everywhere, so protein isn't hard to come by — it might not be that palatable but there are needle grubs and tiny fish around. There are a lot of animals to eat, but there are also a lot of animals that can eat you.

"When I was 19, I was staying by a lake in Ecuador, living off the land. I got really good at fishing. I'd go night fishing — they'd come up to the banks at night. One time I did that and the water flooded — it rose about nearly 1m during my hike, so the trail that I was using just disappeared. I got lost, and was lost for four and a half days. I had no shoes and was just in a pair of shorts with a useless broken flashlight and a sharp stick. There was no ground — I was trying to keep warm while essentially sleeping in water. It's your will to survive that keeps

you going in situations like that"

FHM VERDICT: Drop us in either environment and we're doomed, but dying in the jungle should at least be a bit more exciting than just drying to death. We might get to meet an exciting crocodile or something. Jungle.

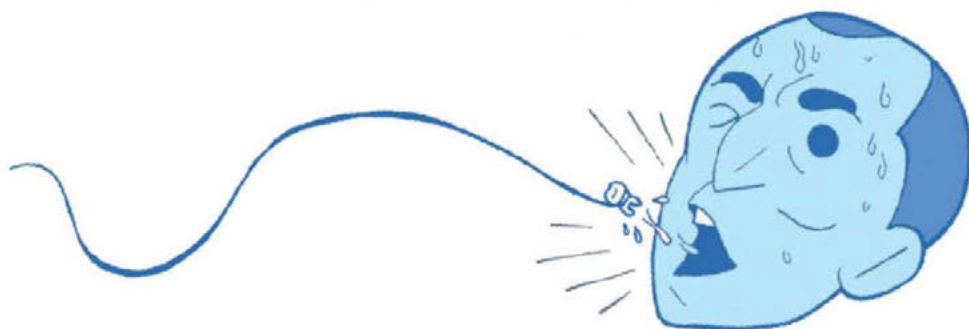


WOULD YOU RATHER

JUMP OFF A BUILDING

OR

HAVE A TOOTH RIPPED OUT WITHOUT ANAESTHETIC?



Oli Buchanan, high-flying drinker:

"I was drunk, and I'd been thinking about climbing on top of a low-rise building for weeks. I needed a boost up from two mates, and was probably about 6m up in the air. I hadn't thought it through beyond getting up there, and realised I was stuck. I hid for a bit as some police cars went by, then just dropped off the side. I crumpled on the pavement, had a burger and went home. It didn't hurt till the morning, when I awoke with a stinking hangover and the feeling of having a red hot poker coming up through my heel. I was on crutches for eight weeks. The only thing I can compare the pain to was when I broke my arm on a half-pipe when I was younger. After the operation, to stop it filling with blood they put a tube up my wrist to siphon off any blood that pooled in the wound, keeping my arm raised above my head for a few days. They pulled that bloody thing out with no anaesthetic, eight inches of tube. Slowly, too. The worst part was that the nurse told me to look away, so I did, right into a f**king mirror."



Jackass star, Ehren McGhehey, says:

"I'd rather get my tooth pulled out by a car again rather than do quite a lot of the things I've done. I've broken my neck three times, and that sucks. It doesn't heal. I've had 24 surgeries in total. The worst long-term pain is definitely the second time I broke my neck, in a shopping cart in a fat suit in *Jackass Number Two*.

"So for the tooth pull, I knew it was gnarly. I had my teeth checked to see how gnarly it would be. The dentist said I had really healthy teeth and really long roots, and told me not to do it. That was a good sign, so I did it. We tied it with sturgeon line to Bam Margera's Lamborghini and sure enough, it popped out. It broke my face up to my eyeball. The roof of your mouth is really thin, and it cracked all the way up to my eye and took about six months to heal. When the tooth came out, it was so painful. I couldn't talk afterwards — I was in total shock. I didn't know beforehand whether it would rip my whole face off. Luckily it just cracked it in half.

"Now I've got a platinum tooth with a black diamond on it. If I'm ever encased in a glass tube I can eat my way out." **FHM**

FHM VERDICT: As horrifying as having a tooth removed without anaesthetic would be, it's not going to leave you hobbling for the rest of your life like a bad-landing might. Tooth.

QUICKFIRE

Sean Bean for your dad or Kanye as your best mate?

A dad you can really drink with? Big daddy Bean.

Married to Scarlett Johansson or a torrid affair with Rihanna?

Sorry RiRi, we want something real. Scar-Jo.

Career as an astronaut or Olympic snowboarder?

Medals are cool. The eternal silence of the void is cooler. Space.

Official member of Sinatra's Rat Pack or the Wu-Tang Clan?

Wu-Tang! Wu-Tang! Wu-Tang!

The Iron Man suit or all of Batman's bat-stuff?

Black tights and a cape is still tights and a cape. Iron Man.

As charming as Russell Brand or as successful as Mark Zuckerberg?

We'll live without charm. On our yacht. Zuckerberg.

The power of flight or invisibility?

We're being totally honest here? All right then. Invisibility.

Don't agree with our decision making? Tell us on Twitter, @fhm, and tag it

#WOULDURATHER

NICOLE NG



ON THE BRIGHT SIDE

Living in the shadow of a famous dad?
Doesn't bother Nicole Ng one bit..

Words **Emillio Rodrigues** Art direction **Pyron Tan** Photography **Hong Chee Yan** Styling **Arthur Tan**

CARDIGAN BY UNIQLO,
LOUNGE PANTS BY ETAM.

PHOTOGRAPHY ASSISTANCE:
IVAN POH; HAIR: BOSCO ENG/
HAIRLOOM USING GOLDWELL;
MAKEUP: HONGLING/9455-8681
USING LANEIGE.
MODEL: NICOLE NG/ELEGANZ

It takes more than an illustrious father and news reports of her social-media outrage to make Nicole Ng back down. The daughter of Huang Wenying and self-proclaimed “rebellious kid” believes in living life to the fullest, even if you have to bend the rules a little to get your way. Who ever said living life on the edge was a bad thing? We caught up with the feisty babe to see what other fearless antics she has in store for 2015.

Tell us about your dream career.

I’ve always been a kid with numerous dreams, from being an air stewardess to a fashion designer. Right now, I’m still trying to find my life’s calling so my options are open.

Would you follow in the footsteps of your late father and join showbiz?

I’ve actually tried it; I went for classes when I was younger and that was when I realised how tough it is to act. It involves a lot of emotional power and, sometimes, you lose yourself in it. I might have a go at it again in the near future. Why not, right?

What is it like living as Huang Wenying’s daughter?

It isn’t easy. Growing up, I was constantly judged because of who my father was. People assumed I was arrogant and cocky even before interacting with me. We live in a very fake world because we don’t know who’s sincere and who’s not.

It couldn’t have been all that bad, could it?

It wasn’t. We had a lot of attention whenever we were out. For example, we’d get little treats “on the house” at restaurants, and people would always come up and ask to take a photo with us — which was really sweet.

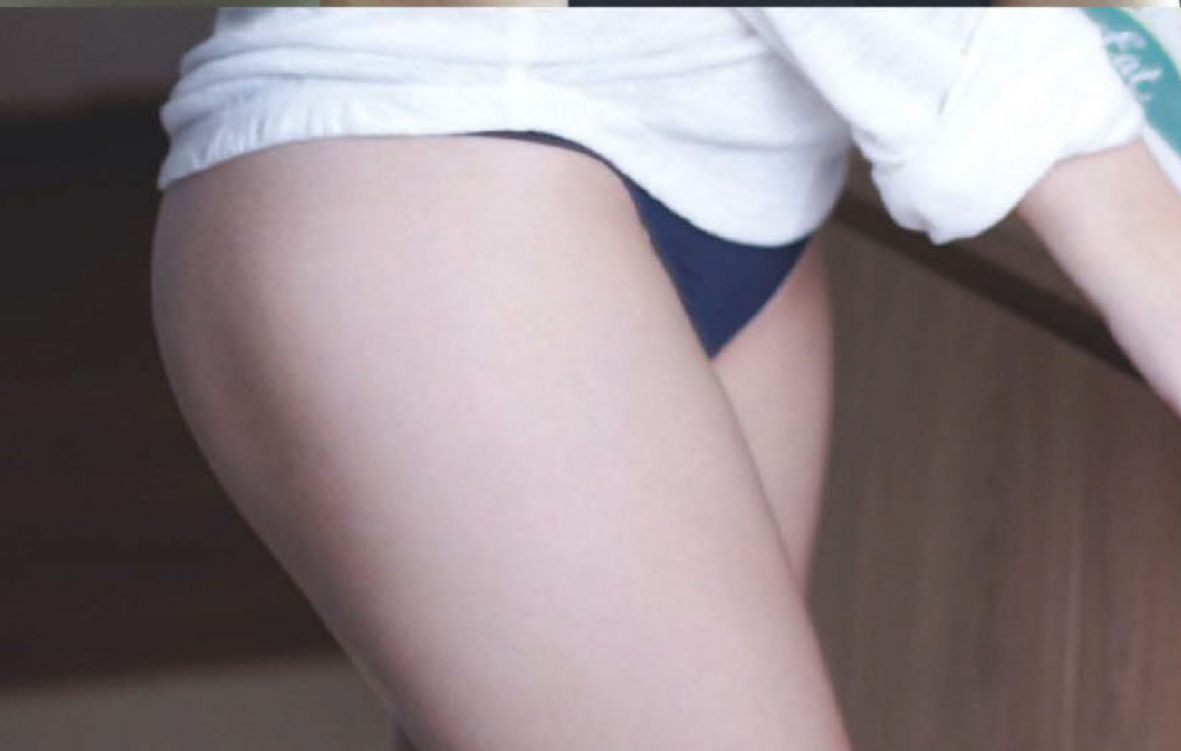
What’s the most daring thing you’ve ever done?

I won’t mention any dirty,

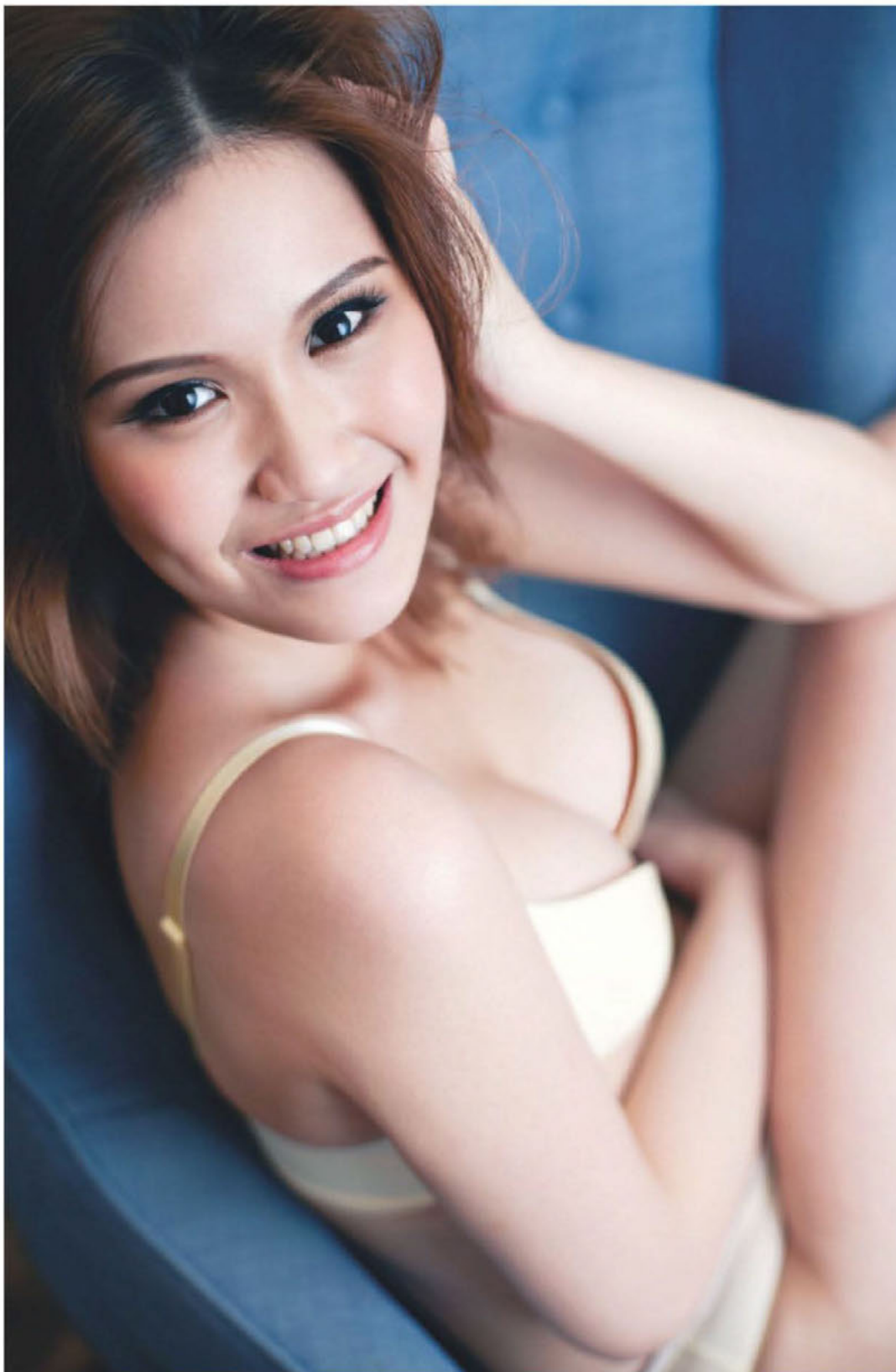


COTTON HENLEY, BY LA
SENZA. LYCRA BRA, BY
COTTON ON BODY.

OPPOSITE: BRA AND
LOUNGE PANTS, BOTH
BY ETAM.



**“Grapefruits are
really sexual
especially
because they’re
super helpful in
the bedroom. I
read an article
that says it
improves
third base
tremendously.”**



daring secrets here, or I'd have to kill you. All I can say is I love fun more than anything. I was a rebellious kid growing up; always breaking rules and doing what I wasn't supposed to do. I remember my first puff at 13, entering pubs when I was barely legal and skipping school to hang out at

malls. Those acts were considered daring then.

Any reason behind your brash nature?

Perhaps it's due to my stubborn "bull-ish" nature (My horoscope sign is Taurus), I hate to be told what to do, which is why I always ended up doing things I shouldn't be doing. I may have

regretted some of them, but not so much because I had my fair share of excitement and fun. At least when I look back on those years, they weren't a total blank page.

What does being fearless mean to you?

Being fearless is a mixture of having courage, confidence and curiosity.

Who best describes "fearlessness"?

Damon from *The Vampire Diaries*. I know he's a fictional character but I love his heck-care attitude.

Why is being daring important to you?

We must constantly step out of our comfort zone and see what life has to offer. Being daring is the key to new experiences and knowledge.

What is your typical weekend like?

I enjoy spending time at home, even if it's a Friday night. Staying in to watch a movie is so peaceful. I'd also invite friends over and cook for them.

What do you cook?

On days that I'm lazy, we'd have steamboat. It's great to have conversations over a hot pot. If I were more energetic and creative, I'd make cupcakes or chocolate truffles — but I save that for special occasions.

Would you pursue a food-related career?

I learnt a lot about food in school and although I'm not a big fan of the F&B business, I'd like to open a small café when I've settled down and achieved what I want to in my life.

Are you a picky eater?

I'm like a vacuum cleaner. I eat everything and anything I can get my hands on. I only get picky when my cravings aren't satisfied. Other than that, I'm easy to feed.

What's a type of food you've never tried?

Insects! Although I enjoy experiencing different cultures, eating bugs is not on my bucket list.

Your favourite food?

I'm an egg fanatic. A friend once asked if I'd choose her or eggs. I chose eggs! I mean, come on, you wouldn't have cakes, cookies or breakfast sets without [them], right?

How about the most sexual food?

Grapefruits are really sexual because they're super-helpful in the bedroom. I read an article that said it improves third base tremendously. I've yet to try it though! **FHM**

V-NECKED TEE, BY
AEROPOSTALE.
BRA SET, BY ETAM.

**“While growing up, I
was constantly judged
because of who my
father was.”**





PRINTED SHEER TOP
BY AERPOSTALE,
BRA SET BY ETAM.

FOOTBALL'S HEART AND SOUL

ON THE HUNT FOR



FOOTBALL'S HEART



SOUL

FHM goes behind the scenes with the BBC at the FA Cup to find out if the world's oldest football competition is still relevant in the billionaire era.

Words **Matt Blake** Photography **Stuart Hendry**



TO TRULY UNDERSTAND WHAT THE FA CUP MEANS TO AN EX-PROFESSIONAL FOOTBALLER WITH THREE WINNERS' MEDALS, TRY TELLING HIM THAT HE ONLY HAS TWO. IT IS NO LAUGHING MATTER.

At least, Martin Keown is not laughing. Not one bit. *FHM* has, by a rather unfortunate slip of the tongue, just done exactly that. The former Arsenal talisman-turned-BBC pundit looks at us as if we've kidnapped one of his children.

"I think you need to do your research," he whispers chillingly, leaning in. "Then you'll find I've actually won it three times, not two."

We try to hold his stare, unsure of whether we should beg his forgiveness or flee before he smashes us in with his walnut forehead. "Now," he growls, "if you'd have said that to me 'live' on air, you'd be spending the rest of the night lying awake in bed thinking about what you've just done."

We assure him that we probably will anyway, and he breaks into a hearty laugh. "The 1974 FA Cup final is what inspired me to become a footballer. Full stop."

We are lounging in BBC's *Match of the Day's* (MOTD) makeshift "green room" backstage at the 4,850-capacity Kingsmeadow stadium, where League Two side AFC Wimbledon are about to host Liverpool in the third round of the FA Cup. It's more of a converted children's play centre — it certainly doesn't feel very BBC. Colourful crayon drawings and glitter paintings festoon every wall. There's a kitchen at the back, a pool table at its centre and a basketball court through a side door. On the way in, there's a sign instructing us to "keep area tidy at all times", to stay away from the Internet cables and to *not* use the oven.

Not that Gary Lineker needs telling, mind you: He's sitting at a colouring table laden with empty packets of cheese-and-onion crisps, feverishly swiping at his iPhone. Danny Murphy is sprawled across the pool table in jeans and trainers talking tactics with presenter Mark Chapman, while Martin Keown has now ditched us in order to chat to Conor McNamara, his co-commentator for tonight's BBC Radio 5 Live coverage.

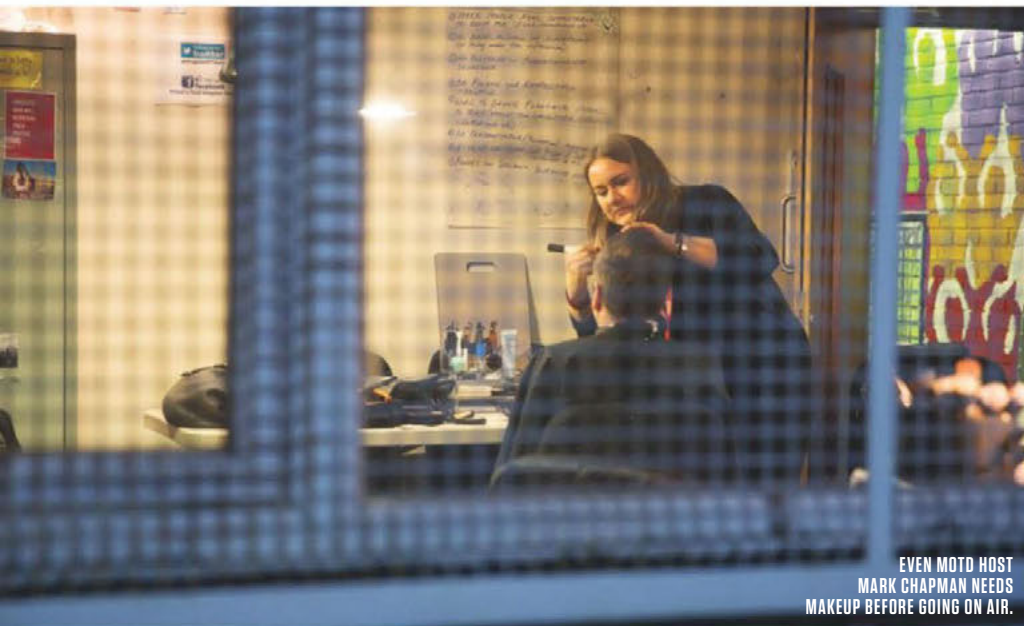
However, if all of that wasn't enough to suggest that tonight is no ordinary night for MOTD, there is another glaring incongruity: Alan Shearer is wearing a jacket and tie — and his nipples are nowhere to be seen. "We don't have to wear a tie in the studio, but tonight is a special occasion," he tells us. "We're on someone else's ground and I think it's right to show them that respect. And also, this is the FA Cup — the oldest football tournament in the world."

Undoubtedly, the Cup has changed since its inaugural final that pitted Wanderers against the Royal Engineers in 1872. Then, there were no crossbars, nets, penalties or free kicks; teams changed ends after each goal, and throw-ins were given to whoever got hold of the ball first. The Engineers' Lieutenant Edmund Creswell broke his collarbone early in the game but refused to leave the pitch. It was a classic underdog story. Wanderers, the rank-outsiders, won 1-0 thanks to a goal by Morton Betts, set up after a scything run by the Rev Walpole Vidal, also known as "the prince of dribblers". Cue 150 years of 6-0 drubbings, giant killings and the unending search for the Magic of the Cup (MOTC).

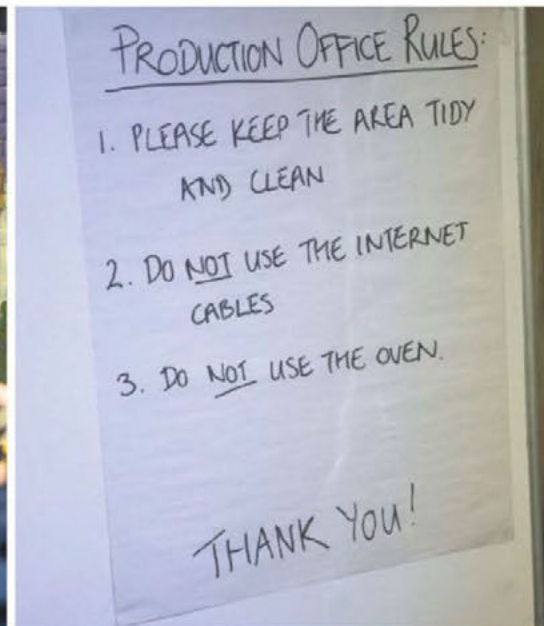
Yet the Cup has taken a drubbing of its own in recent decades, mainly by the lucrative financial incentives of Premier League survival and, of course, the Uefa Champions League. Last December, QPR boss Harry Redknapp reiterated his 2011 claim that it has been "devalued" by top teams fielding half-strength squads. And in 2012, then-Manchester United boss Sir Alex Ferguson echoed his old foe: "I don't think it's got the same magic as it had when I first came down [to England in 1986]."

Has the FA Cup lost its magic? Surely, if it is to be found anywhere, it's here, where supporter-owned AFC Wimbledon seek to shock Liverpool despite 71 league places between them. It's a rematch of the 1988 Wembley final, in which Lawrie Sanchez's goal and Dave Beasant's penalty save provided two of the biggest upsets in the FA Cup's history. The League Two club has already forged an underdog story as "fairytale" as any in English football. After Wimbledon FC was relocated by its owners to the apparently untapped football goldmine of Milton Keynes in 2002, the fans defiantly formed their own team, holding open trials on Wimbledon Common. Starting out in the Combined Counties league, the phoenix club won five promotions to return to the Football League in 2011.

And tonight, nearly 27 seasons after that memorable triumph over Kenny Dalglish's stellar Reds, they meet again in a match that is being beamed 'live' into homes around the world. This, we are assured by everyone we speak to backstage, is a big deal for the Corporation, as it's the first time in six years that it has broadcast FA Cup matches as they happen. The BBC has gone big on the world's oldest tournament this year: "Live" broadcasting of the draws, splashy coverage of the early rounds and, in the build-up to third round, breathless mining of the Cup's glorious moments from the past. And at every turn, the search for the Magic of the Cup.



EVEN MOTD HOST MARK CHAPMAN NEEDS MAKEUP BEFORE GOING ON AIR.



THE FA CUP IS NO LAUGHING MATTER INSIDE THE PUNDIT'S STUDIO.



THE BBC'S PUPPETMASTERS PULL THE STRINGS IN THE PRODUCTION TRUCK.



FOOTBALL'S HEART AND SOUL



IT WAS A MAGICAL NIGHT FOR THE AFC WIMBLEDON FAITHFUL.



MARTIN KEOWN COMMENTATES WITH CONOR MCNAMARA FOR BBC RADIO 5 LIVE.



HAYDON THE WOMBLE EYES UP HIS NEXT CROWD-SURFING OPPORTUNITY.

The play centre green room has now emptied out since Gary Lineker and co. drifted off to take position for the main event. But outside, the stadium is rocking. “Crowd-surf the Womble, we’re gonna crowd-surf the Womble,” is the most ear-catching chant to echo across the ground. Intrigued, we head pitch-side just in time to witness Wimbledon’s cuddly 2m mascot, Haydon the Womble, being passed across the heads of fans on the Nongshim Stand before he is promptly dropped on his face.

“We’ve endured nine years of coming up through the leagues, and here we can see [Steven] Gerrard on our pitch,” beaming fan Spencer Green tells us from the stand. “That’s taking the Mickey. I’m used to seeing Exeter or Torquay play. I don’t expect to see these people 2m in front of me. It is a dream.”

At 7.55pm, the game kicks off. After some effort, we had persuaded the BBC to let us roam free across tonight’s entire broadcast operation — and what a massive operation it is. At least half a dozen lorries and trucks are parked in the field behind the stadium’s main stand, churning the ground into a quagmire of ankle-deep mud. Kilometres of coloured cables worm out the back of each, tangling in the sludge like spilt spaghetti. A few stressed-out production assistants scurry about, all in a terrible hurry. The atmosphere is frenetic and tense. What’s the worst that can happen?

“My worst nightmare is something technical going wrong,” says Mark Cole, 38, head of football for the BBC. “We’ve had the odd blackout before, but there’s always a plan B.”

Machines break: It’s what they do. But those problems can be fixed. There is, however, no reboot button for when pundits malfunction, as Alan Hansen did in 2003.

“It was during the build-up to an FA Cup game between Wolves and Rochdale at Molineaux,” says Cole. “Despite having just gone live, Hansen thought we were still rehearsing. There he was calling his wife at home, asking if she had the front-door keys — and it all went out. The whole conversation. Then Lineker asked him a question, to which he gave a one-word answer, and went back to reading his programme. Lineker then looked at the camera and went, ‘Are we on air?’ I shouted through the mic that we most definitely were, and Hansen automatically launched into a one-minute monologue about something — to compensate, I think — like a true pro!”

If something similar is to happen tonight, we want to be there when it does. So we head to the Production Truck at half-time to find Richard Hughes, 39, MOTD’s editor and puppetmaster-in-chief, pulling the strings of Lineker, Shearer and former Wimbledon keeper Dave Beasant as they discuss the first half’s action. He is surrounded by a team of producers in front of a wall of glaring monitors. If he thinks of a relevant fact or observation, he barks it through the mic system and they say it, which is surprisingly often. This is how they discuss Steven Gerrard’s opening goal:

Gary Lineker (GL): “Well it all started nicely for Liverpool, and especially Steven Gerrard, didn’t it?”

Dave Beasant (DB): “It’s written in the stars, isn’t it? (continues talking) ...”

Producer 1: “Cutting to goal replay.”

Richard Hughes (RH): “Get in that it came from a cross, Dave. Dave! You need to explain that it’s a cross first. Al, help him out here.”

Alan Shearer (AS) (cuts in): “He’s got to get that ball in there. Look, there! He’s got to cross that ball ... (continues) ...”

RH: “Well done, Al.”

DB: “Gerrard’s bravery, his desire (continues) ...”

RH: “Someone — he’s Liverpool’s top scorer this season.”

AS: “He’s Liverpool’s top scorer this season (continues) ...”

Producer 2 (holding a stopwatch): “Three minutes left, guys. Three minutes.”

Producer 1: “Stand by, Chappers [Mark Chapman], you’re up next ...”

RH: “Let’s hear from two Wimbledon legends.”

GL: “We can now hear from two former Wimbledon legends. Lawrie Sanchez and Marcus Gayle are with Mark Chapman.”

And so it goes. The game finished 2-1 to Liverpool, thus ending AFC Wimbledon’s FA Cup dream for another season. Much to the relief of Cole, there are no major cock-ups, technical meltdowns or pundit malfunctions. In fact, it is impressively slick.

“WE’VE HAD THE ODD BLACKOUT BEFORE, BUT THERE’S ALWAYS A PLAN B”

One of MOTD’s funniest blooper moments came when Pelé graced the lit coffee table several years ago. Evidently moved by his presence, Lineker gushed about what an honour it was to have him on the show. “And an honour for me, too,” Pelé replied. “To be here with the great Linneck.”

He is a curiously elusive creature, the Great Linneck, rarely in one place for more than a moment. Every time we think we’ve cornered him for an interview, he gives us the slip and dissolves into the night. Then we hear that he’s left. But this is the FA Cup, where anything can happen — can it not? And sure enough, as we are about to call it a night, the phone rings. At first he seems weary, as if he’d been put up to this interview by a mate.

“I wouldn’t say I love [presenting MOTD],” he tells us. “I certainly like it, but ‘loving it’ is maybe putting it a bit strong. I love football, obviously.”

It is a strange admission — you’d think he’d be more enthusiastic given that his employer will probably read these words. But this is Lineker, the post-match sofa king and ageless giant of the small screen. He can say whatever he likes. Get him on to the subject of the FA Cup, however, and his voice lights up with nostalgia.

“The FA Cup used to be the only circus in town,” he tells us. “Winning it (in 1991, when he played for Tottenham) was the pinnacle of my playing career. I won the Cup Winners’ Cup and Spanish Cup with Barcelona but there was something special about the FA Cup. Would players say that now? I’m not sure; they would if it was the only cup they won.”

The final used to cause so much excitement that teams would even release a single during the build-up: Who could forget *Anfield Rap*? But in an era of packed fixture lists and high financial rewards for finishing well in the league, the FA Cup has recently threatened to fall by the wayside. In January, West Brom’s Saido Berahino didn’t celebrate four goals in a 7-0 thrashing of Gateshead. Does anyone care about the FA Cup anymore?

FOOTBALL'S HEART AND SOUL

"WIMBLEDON'S FANS ARE SURE TO BE DROWNING THEIR SORROWS. BUT THE PLACE IS PUMPING"

With Gary gone, we head to the Kingsmeadow bar where Wimbledon's fans are sure to be drowning their sorrows in plastic cups. But we find that the place is pumping. Up to 300 fans are drinking, singing and laughing. Some are even dancing. It's far from the funereal atmosphere you'd expect of a team who have just crashed out of a major tournament.

Then we notice something else — something that would be unheard of at any top-tier club. In the corner, surrounded by a platoon of admirers, is Adebayo Akinfenwa, also known as "The Beast" — Wimbledon's man-mountain star striker who scored the team's only goal an hour ago. He isn't drinking like everyone else, but signing autographs, posing for pictures clutching Steven Gerrard's Number 8 shirt and grinning from ear to ear.

"I've been a Liverpool fan all my life, so to be able to play against them — the likes of Gerrard, Škrtel and Coutinho — was a dream," he says. "On top of that, to score against them and to push them like we did... it was a magical night."

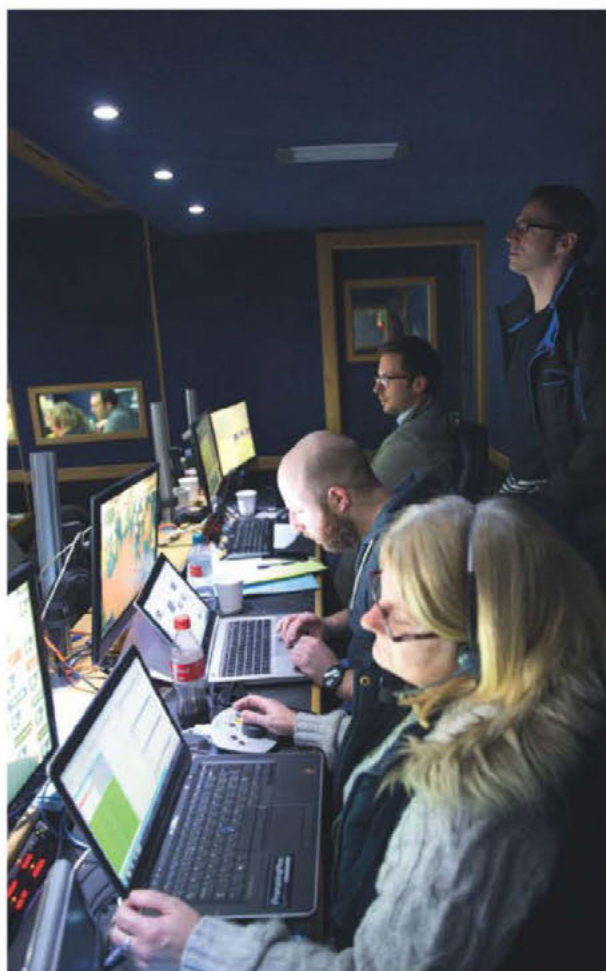
Our conversation turns to his cherished prize, on which you can still catch a whiff of Gerrard's sweat. "I told the boys that if anyone gets Gerrard's shirt before me, we are going to have a problem," he laughs. "He signed it for me, too. Look."

You wouldn't want a problem with this player. He is 1.78m tall and tips the scales at 101kg. It's not just for show, though: In the video game *Fifa 15*, he is recognised as the strongest player in the world. And at this very moment, he might just be one of the sweetest. "This is not an everyday occurrence for us, to play Liverpool at home," he continues. "We are a League Two team used to playing League Two teams, and the attention we got before the game and the plaudits we are getting after is a magical feeling. I mean, we had a press day leading up to this. We never have a press day."

Surely this, then, is where the Magic of the Cup lives on — in the dressing rooms, puddly pitches and sticky-carpeted clubhouses of teams outside the top two divisions. It's here minnows don't necessarily even have to beat sharks; they just have to fight them fin to fin for that taste, no matter how fleeting, of the Big Time.

As we are leaving, we spot Spencer, the fan we spoke to in the stand before kick-off.

"I am so happy," he says. "Yeah, we lost, but we expected to get trounced: 2-1 doesn't feel like a loss. The FA Cup is surely the only competition in the world where the little sides who start in August, with a little luck, can draw Liverpool at home at Christmas. Isn't that what the FA Cup is all about?" **FHM**



THE FA CUP: A GLORIOUS HISTORY

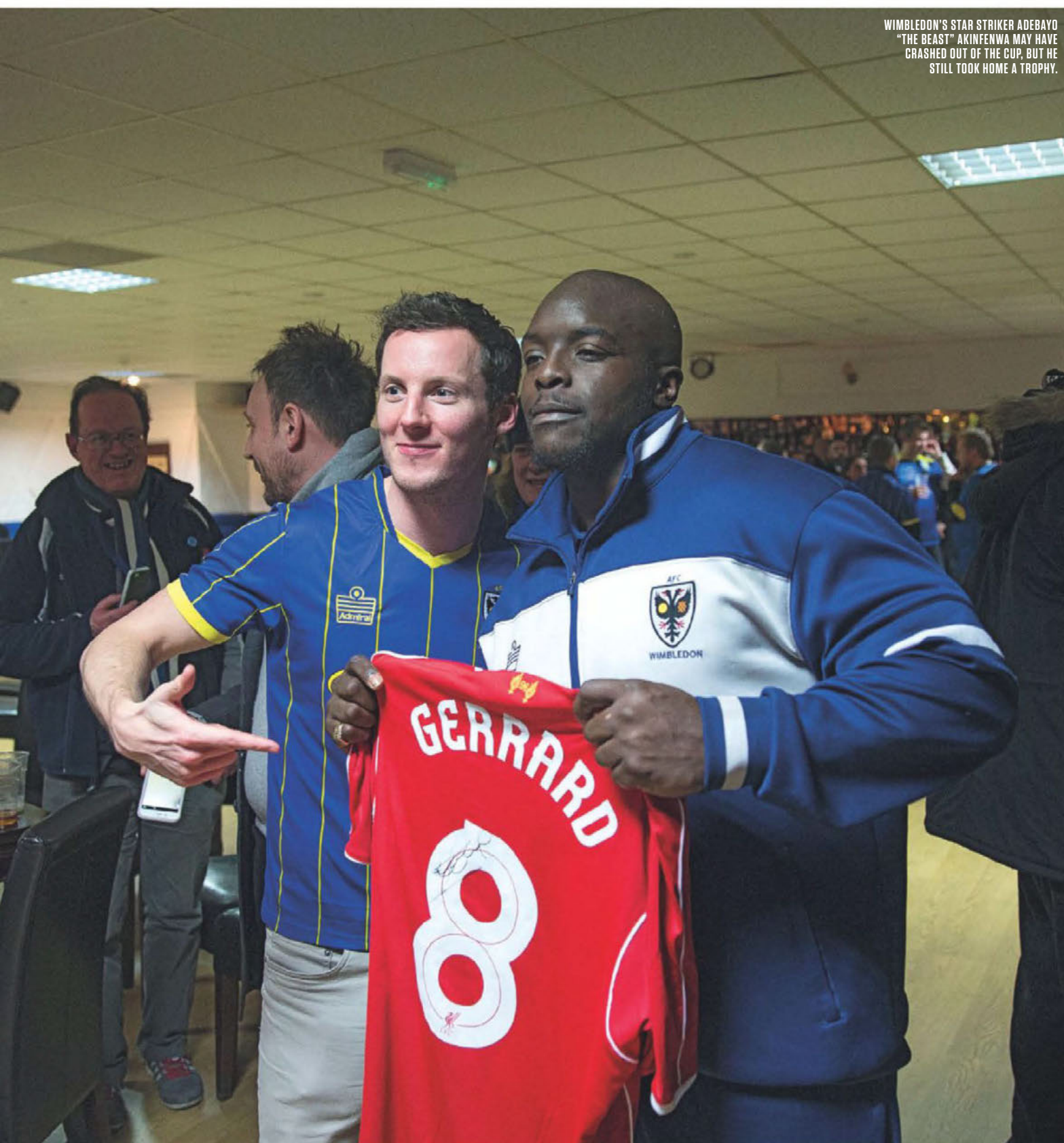
1871
The FA Cup is invented.

1872
The first FA Cup final, at Kennington Oval in London, sees Wanderers triumph 1-0 against Royal Engineers in front of 2,000 spectators.

1923
The first final is held at the newly built Wembley Stadium: A match between Bolton Wanderers and West Ham United to a crowd of 20,000 fans.

1926
The final between Bolton Wanderers and Manchester City was the first of any tie to go out "live" on radio. But it was only relayed to public halls.

WIMBLEDON'S STAR STRIKER ADEBAYO "THE BEAST" AKINFENWA MAY HAVE CRASHED OUT OF THE CUP, BUT HE STILL TOOK HOME A TROPHY.



1938

The first Cup final is shown in full on television. The match, between Preston North End and Huddersfield Town, is broadcast on the BBC.

1948

Manchester United won the Cup by beating top-flight teams in each round, including Blackpool in the final. They remain the only club to achieve this feat.

1953

The highest-scoring Cup final in football history, a match in which Blackpool narrowly defeated Bolton Wanderers with a barnstorming final score of 4-3.

1973

Sunderland upset first-division Leeds United, winning the final by 1-0 at Wembley, becoming the first second-division team to do so since West Brom.

2001

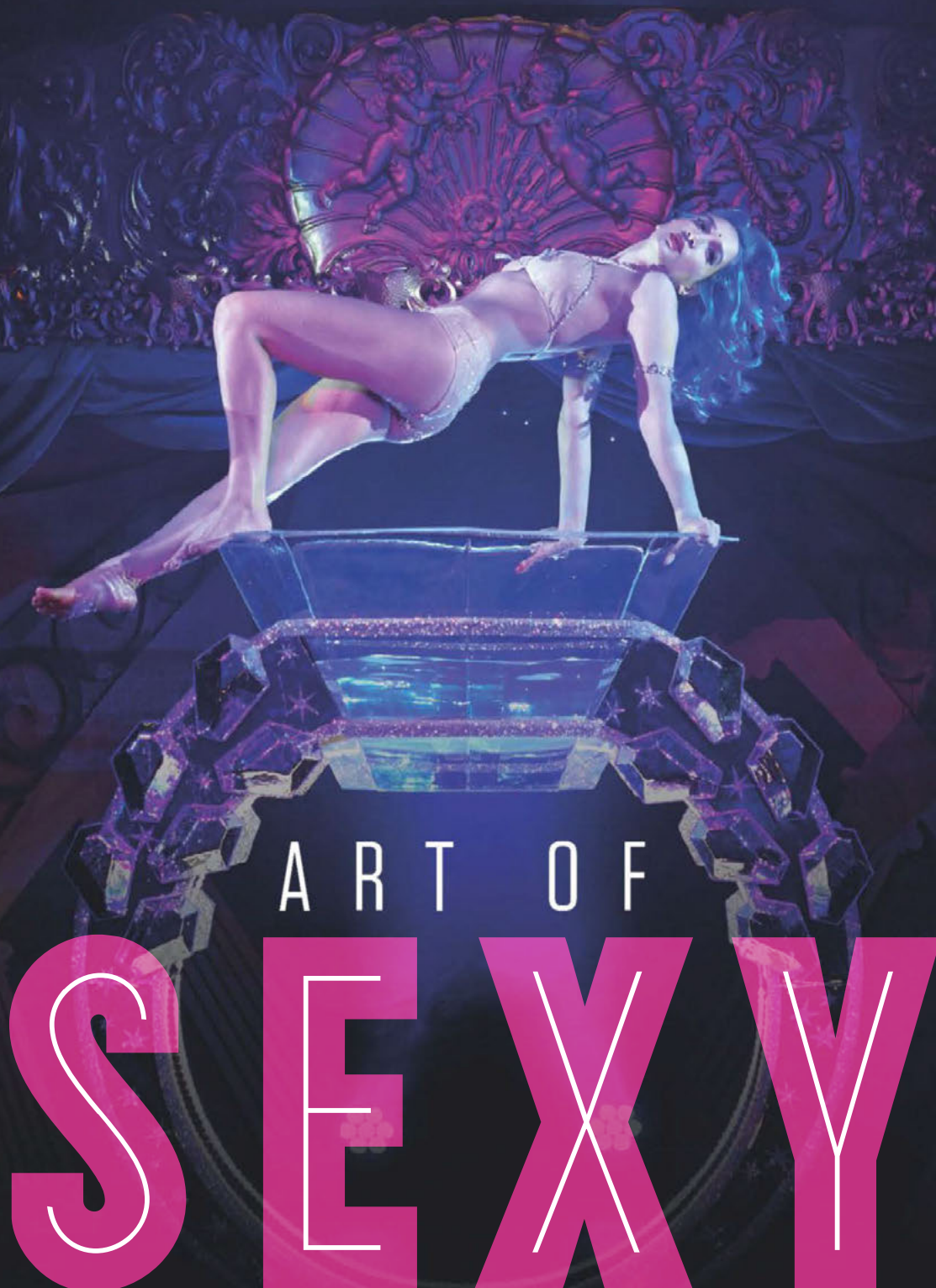
As Wembley Stadium is rebuilt, the first FA Cup final to be hosted at Cardiff's Millennium Stadium ended in Liverpool's 2-1 victory over Arsenal.

2007

The Cup final returns to the new Wembley Stadium to a crowd of 89,826 supporters. Chelsea beat Manchester United, winning 1-0.

SUKKI SINGAPORA

Café de Paris



Striptease is now a legit art form in Singapore. And nobody does it better than professional burlesque performer, Sukki Singapura.

Words Timothy Wee

There are many words that can be used to describe Sukki Singapura. "Boring" isn't one of them. At only 25 years old, the UK-based mistress of tease and seduction is already an industry trailblazer. Not only is she our republic's first burlesque professional, she also holds the distinction of being the first artist to legally perform a ticketed burlesque routine here last January. But things could have been so different for the child of a Singaporean Indian father and an English mother.

In 2011, after studying YouTube burlesque videos for seven days, the then-IT professional decided to perform a routine at a Manchester cabaret theatre. Despite some wardrobe glitches, Singapura was invited back for a repeat performance. It was then that she knew she had found her calling in life. "When I discovered burlesque, it was the perfect outlet for expressing myself creatively, and finally I was able to flourish." Singapura was so confident with her new career choice she quit her day job a year later to become a full-time burlesque dancer.

Named as "one of the most beautiful women in burlesque" by online magazine *Female First*, Singapura has since gone on to perform to much international acclaim. Boasting over 23,000 fans worldwide, she has appeared on various magazine covers, including *Burlesque Bible* and *FHM India*.

Known for her lavish costumes and performances, the sultry Singapura has even made a fan out of former UK PM's leading lady, Cherie Blair. What's more: No one else can say that they were the first burlesque performer to be invited to Buckingham Palace for a cuppa with the British royal family.

What is the mystique behind the routine? We got Singapura to reveal everything...

Briefly, what is burlesque?

Burlesque emerged around the 17th century from Italian theatre. The literal translation means "to poke fun of"; it was a form of staged dance comedy with elements of striptease. However, what I'm

performing is called neo-burlesque, a modern interpretation of burlesque that started in '90s America. To make it my own, I take it a step further by incorporating my Asian heritage into the routines.

Is nudity a prerequisite in burlesque?

It's a common misconception that there should be nudity in burlesque. There might be an element of striptease but it never involves being nude — only stripping down to one's lingerie. In fact, there's no striptease in many of my routines. The tease is there but it doesn't define the art.

If burlesque is a form of bodily expression, what is it saying?

Burlesque is about expressing a woman — or man's — sensuality and celebrating body confidence.

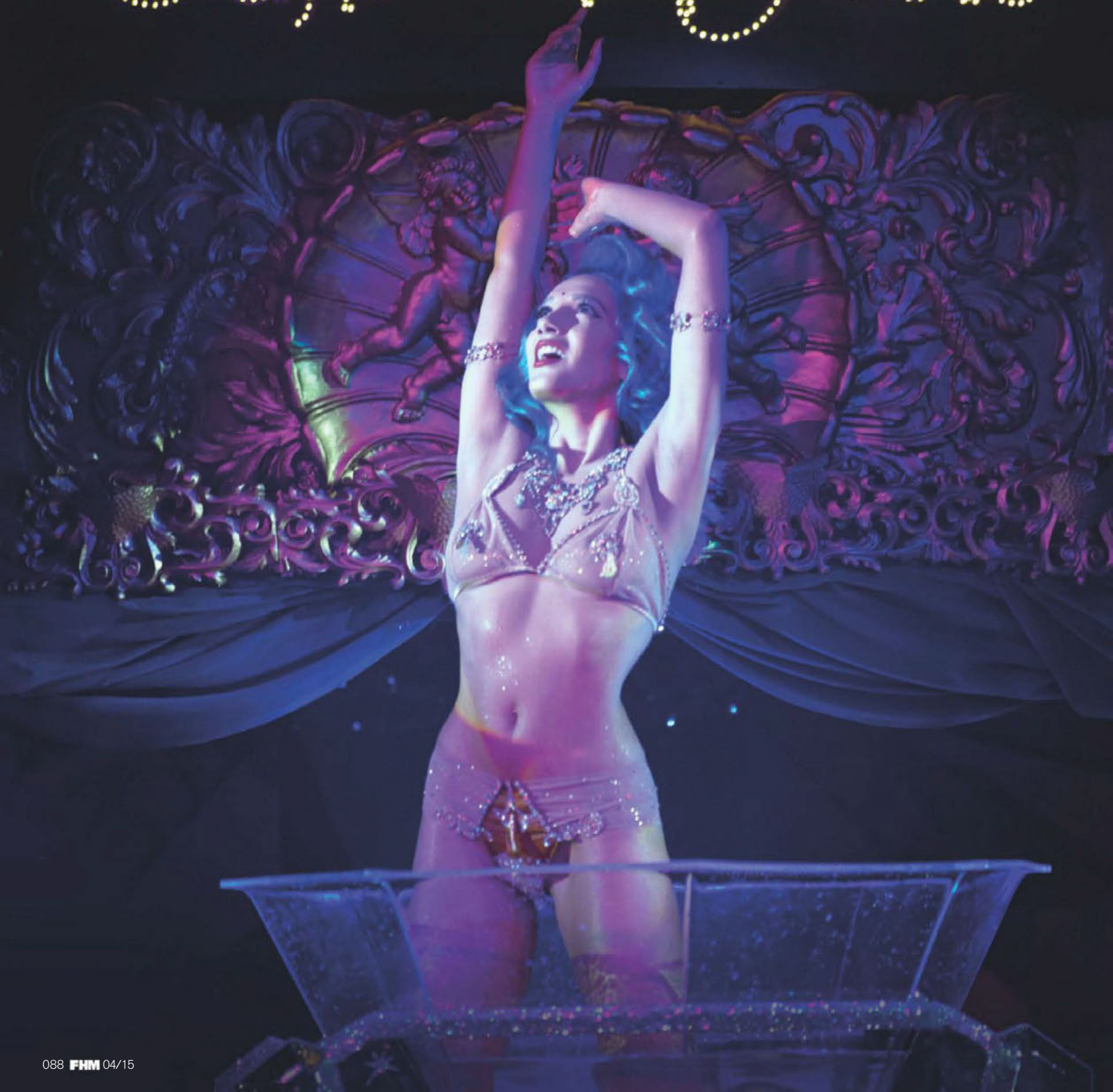
What's the most important body part in burlesque?

Every part of your body is celebrated on stage in burlesque. Whether you're svelte or voluptuous, it's about enjoying yourself on stage while indulging in a little glamour. It's a feel-good art form.

"IT'S A COMMON MISCONCEPTION THAT THERE SHOULD BE NUDITY IN BURLESQUE."



Café de Paris





How do you incorporate your heritage into your act?

My performance style often references the Western "bump and grind" moves with a twist of traditional Bollywood intonations. In every burlesque act, I weave a piece of *sari* into my costume. So, I'm literally wearing my cultural heritage on my sleeve.

How do you come up with fresh ideas?

The best burlesque routines are always the unique ones. I'll dream up routines from experiences in my childhood. For example, one of my recent acts was born out of my fascination with the white tiger at the Singapore Zoo when I was a little girl. Other routines might be inspired by music I hear on my travels that hits me emotionally and sensually. Once I've got a starting point, I'll work on a costume concept, the way the performance will look and then a routine – all of which can take months or even a year to perfect into the explosion of burlesque you see on stage.

If you were doing a dream routine, what prop would top your list?

If it were a full-blown Bollywood burlesque routine, I'd love to have a giant Swarovski-covered elephant. Marilyn Monroe once rode a huge elephant into an event but to see it in burlesque, especially Bollywood burlesque, would be phenomenal!

If you could be seduced by one of your heroines, who would it be?

My ultimate burlesque heroine is Chinese legend Barbara Yung. She is one of the first Asian burlesque stars back in the '40s to '70s. Although she doesn't perform any more, I wish I could go back in time and watch her sashay across the stage with sass and grace. What a woman!

Has being a burlesque performer made you a better person?

Before burlesque, I've always wanted to express myself creatively but didn't know what form that'd take. When I discovered burlesque, I found the perfect outlet; finally, I was able to flourish. As the first Singaporean burlesque performer, I'm able to inspire others to follow their dreams. It made me realise how important it is to be a responsible role model.

Is it true your first burlesque performance in Singapore was under the guise of a yoga class?

Before me there wasn't a burlesque scene.

But as more people heard about me, I founded the Singapore Burlesque Society to grow an underground movement. We held classes and encouraged women – and men – to try burlesque and boost their confidence. Our first-ever striptease class was held at a secret location. And, yes, I not only had to disguise it as a yoga class but also hired bouncers to stand outside to keep watch. There still isn't really a scene here; more of a gathering of enthusiasts. But now that it's officially legalised, who knows how it might flourish?

Why is burlesque still not widely accepted in Singapore?

The main reason it remains taboo for so long is simply a misunderstanding of what burlesque is, especially with the older generation. They think burlesque is some sort of hyper-sexualised activity. People are often afraid of what they don't understand. So it's always easier to make that taboo than confront it. Essentially, burlesque is a carefully choreographed art form that is about sensuality and body confidence.

How does it feel to be the first Singaporean to perform a burlesque routine here?

It was an incredible moment; I can't quite believe I managed to change the laws in a whole country just four weeks into 2015! It's easy to shout about wanting change but it's amazing when you manage to make it happen. It was an extremely emotional moment that I'll remember forever.

As a role model, do you feel the pressure weighing on you?

When I first started, there was a huge emotional pressure. My very-traditional background, especially being Singaporean Indian, meant that "coming out" wasn't exactly celebrated with open arms by the family – in fact some of them still don't know. On top of that, to find out that burlesque was illegal made pursuing it an impossible challenge. It was during those times that every part of me felt like it would be easier to just give up.

However, with literally hundreds of women looking up to me, I feel a huge responsibility on my shoulders. I have to carry on because it isn't just about me; I'm fighting for the hopes and dreams of those who see me as a role model. Every so often, I still feel that pressure, although the more difference I make, the less heavy it feels. **FHM**

6 THINGS WE LOVE ABOUT SUKKI SINGAPORE

01 You can take the girl out of Singapore, but you can't take Singapore out of the girl

"Whenever I'm away, I feel homesick – I miss my family, friends and local bean curd."

02 Blue is the warmest hair colour

"I often get asked by fans if they can touch my hair. They can't believe it's really blue, which is always a bit weird. That makes me laugh. Obviously I'm a natural blue!"

03 She is no queen

"It'd be hard to top the Queen of England when it comes to all that sparkles. And it's fair to say she wins hands down when it comes to pin curls! But I'm confident we won't be seeing her burlesque debut any time soon!"

04 She likes a chill guy

"The harder a guy tries, the more awkward the date. Relax, especially around strong, independent women. Just because we're on top of our game, doesn't mean we bite."

05 She digs a good brain (and she's no zombie)

"The art of seduction is about being able to connect with someone else's mind. Yes, of course, physical attraction is important but finding a soul mate mentally is the most important thing for relationship longevity."

06 She's a sci-fi geek

"I don't think a year has gone by where I haven't obsessed about *Star Wars*, the new *Battlestar Galactica* or epic oldies like *Babylon 5*. One of my all-time favourite characters is Ambassador Kosh."





01 MASTER THE MALTS

This book confirms that whisky and green tea is a delicious combo. Yep, green freakin' tea. Everything else you need to better your sniffer is here, too.
Whisky: The Manual

02 GO INSANE IN THE BRAIN

Prepare to have your brain, eyes and imagination fried as this meaty tome explores the effect pictures and words have on our tiny minds.
The Art of Looking Sideways

03 MAN UP

Cigarettes on the pitch, silk shirts, monster moustaches — get lost in the lifestyle of the first football superstars during the manliest era the pitch has ever seen.
The Age Of Innocence: Football in the 1970s

04 FIND ADVENTURE

Top surf photographer Tim Nunn adventures into the wilderness to brave bears, volcanoes and hypothermia in search for the greatest, coldest wave.
Numb: Six Years of Cold Water Adventure

05 BOW DOWN

The undisputed king of cool, style, charisma and double denim is still, even 35 years after his death, the one actor we all aspire to. Especially after seeing these rare photos of him in full charming action.
Steve McQueen: The Actor and his Films

06 FIND YOUR NICHE

All style is cyclical, so even if you're a mod, a rocker, a grime kid or a hipster, check out this timeline of British fashion before you put your pants on.
What We Wore

07 REBEL AGAINST THE SYSTEM

Meet the coolest, most creative bikers who've taken their stock motorbikes and poured everything they have into turning them into customised works of art.
The Ride

08 CHILL OUT

Luke Stephenson's 3,500-mile coastal road trip picturing as many 99 ice creams as possible is proof that there's a world of awesomeness we could be

filling our Instagram accounts with.
Luke Stephenson's 99x99s

09 EMBRACE NERDOLOGY

Damn, the human race is impressive. Essays by top boffins such as Sir David Attenborough explore the game-changing ideas that shaped the way we communicate.
Information Age

10 RAISE BLOOD PRESSURES

Every man cave needs an arty nudes book, and there's none better than Kern's worldwide collection of the coolest girls next door. Perhaps slide it under the sofa when mum comes over, though.
Shot by Kern

11 TAKE A BITE

If you need a slap of inspiration to grab your best mate and finally pursue that world-changing idea you've had, it's the story of UK burger behemoth MeatLiquor that'll do the trick.
The MeatLiquor Chronicles

12 DRINK TO SUCCESS

If anything proves that alcohol is conducive to a prosperous career, it's hero author and mad boozehound Ernest Hemingway. Channel his whisky-soaked greatness with this.
To Have and Have Another

13 GET CULTURED

Leave work. Grab passport. Head to America. Let the best collection of insider stories of what to do and where to go guide you on an amazing adventure. Send us a postcard.
NYT 36 Hours USA & Canada

14 RIDE YOUR BIKE

From downtown messengers to fixie polo players, *Velo* explores the die-hard tribes that show two wheels can be more than just a vehicle to get you from A to B.
Velo 2nd Gear

15 MEET THE POPULATION

Hans Eijkelboom's 22-year photo project capturing "normal" people gives a snap shot of the trends, the behaviours and, er, the bumbags that shape humanity.
People of the Twenty-First Century

02

MUSIC

PALE COMPARISONS

Into bleached, controversial musicians? *FHM* pits Die Antwoord with Marilyn Manson, and finds out who's freakier.



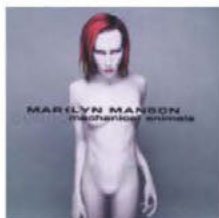
Marilyn Manson

V



Die Antwoord

Posed as pale genderless beings on an album cover?



Mechanical Animals, 1998



Donker Mag, 2014



Has been called "pure evil"?

How Perez Hilton described the artwork for Manson's 2013 album *Born Villain*.



How a crew member on *Chappie* (the new film from *District 9* director Neill Blomkamp, in which Die Antwoord has a cameo) described their on-set behaviour.



Owns a coat hanger that once belonged to Hitler?

Manson has described it as one of his most treasured possessions.



Not as far as we know, anyway.



Has a mascot with a giant penis?

No mascots with big dicks here.



"Evil Boy", a plush toy with a monster schlong, can also be seen tattooed on Ninja's (one half of Die Antwoord) arm.



Wiped their bum on stage?

Of course! Using his own country's flag, obviously.



No, but they do sing "take this hot face cloth wipe my bum" in the song *In Your Face*.



Has eaten bald rap superstar Pitbull to death?

Er, no.



Check out the video for *Pitbull* and see for yourself.



Recorded album in a murder scene?

Made debut album in Charles Manson's murder house.



No murder houses here.



Marilyn Manson's new album *The Pale Emperor* is out now.

Donker Mag is out now.



03

MOVIES

STAR WARS: THE FORCE AWAKENS

Five things that'll make the most-anticipated film release of 2015 not suck.

01 The return of the vagueness

The original trilogy made reference to loads of cool-sounding places, people and events, without ever explaining them. In-between *Return of the Jedi* and *Phantom Menace*, however, fans decided they wanted an explanation of how The Force works; they wanted to see the *Clone Wars*; to watch Anakin become Darth Vader... When George Lucas gave them all those things, they instantly wished he hadn't.

02 No fanboy-pandering...

There's a vocal group of hardcore *Star Wars* fans who demand that every new *Star Wars* movie or TV show references all the iconic characters – which is why the prequels featured nonsensical, crowbarred-in appearances from the likes of Boba Fett, Chewbacca, R2-D2 and C-3PO. If there's no point for a character to make an appearance, we can live without seeing them.

03 Third-greatest movie baddie of all time

The first *Star Wars* introduced the greatest villain in cinema (Darth Vader), before the second movie introduced that guy's f**king boss. While we don't expect *The Force Awakens* to hit us with anything as bad-ass as those bastards, we do expect something almost as good. And by good we mean bad. And by bad we mean space-Satan times space-Hitler to the power of 100.

04 No political manoeuvres

The prequels feature so much wibbling on about taxation and legislation, senates and trade routes, and delegates and confederacies that it's difficult to battle through the boredom and pay attention.

05 A swaggering, sarcastic knobhead

The original trilogy and the prequels were filled with serious-face pomposity, but there's one reason the former got away with it while the latter didn't: Han Solo, who was always on hand to smirk like a wazzock whenever anyone got too la-dee-dah. We need another character like that – although not Han himself, as he'll be too old and craggy to be ripping the piss out of anyone.

04

TV

GET TOUGH WITH KIX

Real men watch KIX, the must-go-to channel for all things action.

Feeling tough? You can either sign up for a mixed martial arts (MMA) class or call out an *ah beng* at a Thai disco ("Hey asshole! Yes, you!"). Or you can channel your energy, without raising hell, by tuning in to all-action channel KIX.

Exemplifying toughness with its dare-to-be-different programming, KIX has something for every guy — and action-seeking lady, of course — including hard-hitting battles between MMA fighters from the world's top fight promotions; action babes from Asian and Hollywood blockbusters and series; and daredevil stunts from the latest reality shows.

Throughout the month of April, whet your appetite for adrenaline-pumping entertainment with the following first-and-exclusive premieres: *Action Movie Saturdays* kick-starts the action with **The Kung Fu Master**, a story of how the founder of *ba gua zhang* brought the Chinese martial arts to a new level. **4 Apr, 9pm.**

Up next is **Another Public Enemy**, a Korean crime drama about an idealistic prosecutor determined to bring down a corrupt secret society. The movie was nominated for several categories at the 2005 Daejeong Film Awards. **11 Apr, 9pm.**

Righteous Ties rounds off *Action Movie Saturdays*. In the Korean underworld thriller, a thug has to choose between friendship and loyalty to his gang. **18 Apr, 9pm.**

For the latest close-combat action, get front-row seats to no-holds-barred fights with same-week telecast as the "live" broadcast in the US. Headlining kickboxing league **Glory 20** is the showdown between Canadian dynamo Gabriel Varga and master technician Mosab "Jaguar" Amrani for the vacant Glory featherweight world championship. **7 Apr, 10pm.**

Bellator 136 packs the action with a main-event fight between reigning lightweight champion Will Brooks and top contender Dave Jansen. **13 Apr, 10pm.**

Catch the action on KIX (StarHub TV Ch 518) and KIX HD (SingTel TV Ch 309).



ANOTHER PUBLIC ENEMY



RIGHTEOUS TIES

THE KUNG FU MASTER



BELLATOR 136

GLORY 20



05

MUSIC

ANGELS & AIRWAVES

Leader of the band Tom DeLonge laments the loss of physical records. Get your hankies ready...

Something's eating Blink-182's Tom DeLonge. Here's a guy famed for singing multi-platinum lyrics such as "It's Labour Day and my grandpa just ate seven f**kin' hotdogs, and he shit, shit, shit his pants". But when we spoke to the pop-punk hero about his supergroup Angels & Airwaves' latest album, we weren't expecting him to get all serious on us.

With your new album, you also released an animated film (and a graphic novel is in the works) to entice people to go out and buy your music. Is this a big "f**k you" to the current music industry?

I love that you say that because that's how I feel. My company *To The Stars* is creating these intellectual property to exist in different forms (books, animations, films, albums et al) with contribution from amazing artists. The new record is just one part of it. Do you think this is really going to get everyone buying music again? The world is rebelling against disposable, digital media. People want to hold things in their hands; to own limited-editions that have a story. Tangible products with a story are coming back with a vengeance. What's pissed you off about music, specifically? Streaming services? Streaming is like saying, "Hey, we

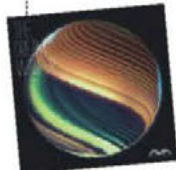
like carved ivory characters" even though they're cutting off the tusks of elephants to get them. Yes, you like having music at your fingertips but it's killing the artists. I'm at a point where I really do hate the industry and I think about quitting every other day. But then I'll find myself up one night and see a new band and think, "That's some cool shit right there".

This isn't the first time someone has done something creative to sell an album. Any favourite example?

The Flaming Lips had a giant jelly skull that you had to eat through to get to the music. And Jack White released a vinyl that, depending on where you dropped the needle, would play a different intro to the album. Shit like that is genius. I love it.

The saddest thing about people not buying records is the loss of the "my first album" conversation. Agree?

Mine was a punk record called Horse Bites Dog Cries by DI when I was in sixth grade. There was a song called No Moms. My mum walked in, heard it, took the tape out and broke it. Someone needs to bring back the record store to save those sort of stories from disappearing forever. **FHM**



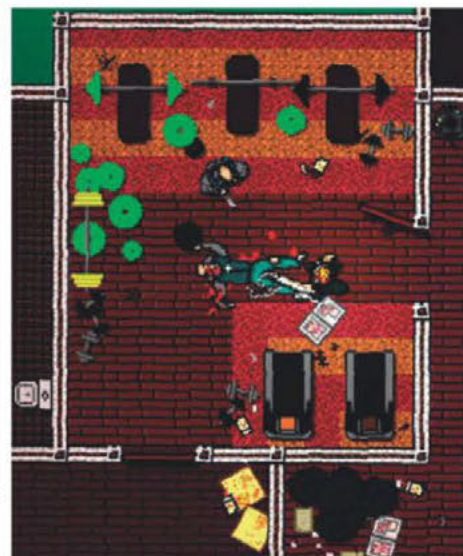
Angels & Airwaves' The Dream Walker is out now.

06

GAMES

HOTLINE MIAMI 2: WRONG NUMBER

Kick butt in 2D again.



Forget graphics so perfect you think you've accidentally flicked on Netflix. Right now, we can't wait to get our thumbs into an old-skool, top-down, two-dimensional neon splatterfest. *Hotline Miami 2: Wrong Number* is the über-violent finale to this gory pixelated franchise. Its retro killing sprees and mid-'90s look takes us back to the days when we booted up our older brother's Windows 95 to sneak a go on the very first *GTA*.

07

COMEDY

KUMAR STANDS UP FOR SINGAPORE

FHM speaks to cross-dressing comedian Kumar about his upcoming new show and all things Singapore.



What can we expect from *Kumar Stands Up for Singapore*?

I'm going to talk about how much I love Singapore; some of the good, some of the bad and all of the naughty.

Why should we catch your show?

Because it'll be fabulous as usual. Plus, it's all new material and I'm asking the producers if I can get a stunt double.

Which of the following would you slap, sleep with or marry: Sang Nila Utama, Sir Thomas Stamford Raffles and the Merlion?

Slap Raffles and tell him to stand properly and stop leaning on one leg; sleep with the Merlion because the sound of gushing water always makes me sleepy; marry Sang Nila Utama because he's a prince and I'm a queen.

If you could live through any era in Singapore's history, which era would it be?

I'd like to live in a time when things were clean and tidy, and society was safe because of censorship, fear of authority and homosexuality was illegal. Eh, that's today.

Where was the unlikeliest place you've heard the song, *Stand Up for Singapore*?

Someone was playing it on a video clip

in a crowded MRT. Those standing up all stared at those sitting down.

What items would you put in your personal SG50 time capsule?

All the SG50 posters, stickers, calendars and souvenirs.

Reason: They are taking up too much space.

Complete the sentence: The most Singaporean thing about me is...

My pink IC. After all these years, people need to write down "race" on a card because you can't tell by looking at me.

What thing would you go *kiasu* for?

Charles & Keith — I love it to death and I'm so proud of this Singaporean brand. If I like a pair of shoes, I'd buy four pairs because I'd keep wearing them and need backup.

Considering Singapore is such a "fine" city, what law would you pass if you were in power?

Fine unfriendly neighbours — \$500 for every black face.

"Putting on makeup turns me off. It takes up so much time. It's such a drag!"

Which place in Singapore would you first bring an overseas guest to?

My flat. I like to cook. It's open 24 hours and there's no service charge. But they can tip me if they like.

If you were a flower, what type would you be?

I have a bird of paradise (sic). Is that what you were asking?

If you were Singapore's very own superhero, what would be your superhero name and power?

I already am. My name is Kumar and I can look fabulous no matter how little sleep I get.

If you were going to be the first Singaporean in space, what local dish would you *tapao* with you?

Sambal belachan — I can eat it just like that.

Who is the biggest threat to Singaporeans: Hello Kitty dolls, Remy the Hotpot Culture rat or Jover Chew?

Hello Kitty — you can't kill it or jail it. **FHM**

Kumar Stands Up For Singapore is rated *R18* and takes place from 22 to 26 Apr at the Esplanade Theatre. Tickets \$46 from www.sistic.com.sg.



MORE ON KUMAR

What we didn't know about the king of queens...

PET SOUNDS

"I love the sounds people make when they are satisfied... Satisfied with all kinds of things *lah*. I leave you to imagine."

IMPOSSIBLE CAREER CHANGE

"Tamil teacher. Every time I'm on *Vasantham*, I find out how bad my mother tongue is."

POSSIBLE CAREER CHANGE

"Career counsellor. In fact, I already do that for many young people who don't know what to do with their lives."

FAVOURITE WORD

"Please". You say it to ask for something nicely. When you say it to me, I'm pleased and will please you back."

LEAST FAVOURITE WORD

"Cannot". It's worse than 'no'. In Singapore, it means, 'Actually can but I don't want to.'"

TURN OFF

"Putting on makeup. It takes up so much time. It's such a drag!"





08

MUSIC

THE SUMMER STATE

In all-summer Singapore, it was only a matter of time before we had a band named as such. *FHM* catches up with the group to find out about its recent regional tour, upcoming album and its SG50 song ideas.

Tell us something we don't know about The Summer State (TSS).

Bryan Ulric Sta Maria (vocalist): We are exceptionally lucky at lucky draws. We were on tour in Malaysia where we were invited to a TV programme gala dinner and we walked away with half of the lucky-draw prizes, including a Coach purse and household items. We gave some away to some *makciks* at the event.

Since exploding onto the scene with the hit *I Do, I Don't* in 2013, the band has been focusing on "live" gigs. Is that a conscious choice?

Ritz Ang (drummer): Yes. After the release of our self-titled EP, we wanted to show the public what we're capable of on stage. That way, they can feel the music and our honesty. People need to get used to hearing the rest of our songs, too. Playing them "live" is a good way to help spread the EP.

Will TSS return to the studio soon?

BUSM: We're still in the writing phase. With our line-up change, we want to refine our sound and redefine ourselves. We want to push ourselves and create the best material.

Edwin Waliman (bassist): We're aiming to have a second release out this year; hopefully we'll be back in the studio sooner rather than later.

Gutsiest thing TSS has done?

BUSM: We played at the JB Arts Fest last year and I climbed the truss at the side of the stage in the middle of a song. I completed the song with one hand holding the microphone and the other holding on to dear life — 1.5m in the air!

What would you like to hear God say when you arrive at the Pearly Gates?

BUSM: "Hey! Aren't you that guy from that band?"

Victoria Chew (guitarist): We have pizza.

Shaykh Akbar (guitarist): YOU! COME ON IN!

EW: Sorry, you're not the guest list... Just kidding!

RA: Finally. I've been expecting you.

If TSS had to write a song for SG50, what would it be about?

VC: It'd be about MRT breakdowns, rat infestations and online feuds.

www.facebook.com/thesummerstate

09

DVDS

HAIRY SITUATIONS

Men who work their way out of tights spots, while spotting a nice crop of facial hair.



LET'S BE COPS

Who's got beard?

Damon Wayans Jr and Jake Johnson

What's the dilemma?

Two slackers dress up as cops for a college reunion. When they decide to keep the uniforms on, trouble finds them.



CHEF

Who's got beard?

Jon Favreau

What's the dilemma?

Following a standoff with a food critic, a chef quits his restaurant job. With his credibility waning, he sets up a food truck with his son and a friend.



THE DROP

Who's got beard?

Tom Hardy and James Gandolfini

What's the dilemma?

A grim-faced bartender and his hardened employer run a watering hole that doubles as a "drop" for illegal takings. As with all shady dealings, trouble finds them at their doorstep.



CALVARY

Who's got beard?

Brendan Gleeson

What's the dilemma?

A virtuous priest carries the weight of his parish's burdens on his shoulders and, in the process, puts his life in danger when a member threatens to kill him.



THE LONGEST WEEK

Who's got beard?

Jason Bateman

What's the dilemma?

Old habits die hard. A Christian Grey wannabe falls for the girlfriend of his buddy — the same guy who sheltered him after he became broke and homeless. Wanker.



Fire (Dragon) or ice (White Walkers): Where do you stand?

I will be standing with the White Walkers. The humans are all idiots; they are so messed up that they're destroying themselves. Give me the White Walkers any day! They are very cool characters that I designed. So, there's definitely some empathy there.

Besides the White Walkers, what other Game of Thrones (GOT) designs have you worked on?

When I first came in, I was given so many different things to work on. In fact, I was doing a lot of weapon designs — particularly "hero" weapons. Therefore, it comes as no surprise that Ice (Sword of Eddard Stark) is my personal favourite. Besides being the first big thing I did, Ice is also meant to be an epic ceremonial sword.

In addition, I also designed Needle (Sword of Arya Stark). And Maisie [Williams, actress] loves that thing!

Again, it was one of those things that was beautiful to design (if you noticed, it has a very elaborate hilt). After that, I moved on from the weapons.

Despite designing the White Walkers pretty early on, I still had to handle the prosthetics. And I got to do some dragon designs as well; they were mostly adult dragons. I also did a painting of Dany (Daenerys Targaryen) and her dragons.

As lead storyboard artist, you helped the directors and writers to bring George R Martin's tale to life. Were you a fan initially?

To be honest, I didn't even know the books existed. I was working on the movie *Your Highness* when producer friend Mark Huffam asked me to draw some wolves, armoured knights and beheadings for a TV series. Halfway through the movie, Huffam got back to me and offered me a job. Once the movie was done, I moved on to *GOT*. I started to read the first book, as I

needed to know the world that I was stepping into... When I returned for Season Two, I was given a script. Because I was reading the scripts, I didn't need to read the books. I still haven't read the other books. And I'm quite happy to find out what happens as the series goes along. There is always a big shock every season — and that keeps me going on.

If you could go on a romantic date with a GOT character, who would it be?

It depends on what type of date I want. I imagine Ros might have been a lot of fun at one point. And I love Daenerys; she is such a beautiful character as portrayed by [actress] Emilia Clarke. Then there is the bad girl — Cersei Lannister. She'd probably be much more fun. I wouldn't know if I'd come out alive from the date, but it'd be incredible.

Any actress you'd like to see join the GOT cast?

I recently met Stephanie Leonidas in Wales — she plays the alien Irisa on TV series, *Defiance*. She is an amazing actress; she can be a great *GOT* character, considering how stunning she looks and because she is not a huge name but a solid actress.

What *GOT* needs are good actresses that audiences don't know. Having worked with actresses like Natalie Portman, she is such a big character that it'd be all the audience focuses on. If you look at the *GOT* cast, they only became well known because of the series. Okay, Lena Headey was the lead in *Terminator: The Sarah Connor Chronicles*, but we put her in a completely different role with Cersei.

If you were a banner man in the GOT universe, which house would you serve?

I admire the moral fibre of the Starks; I'd probably be dead but I would have served the Starks. Maybe I'd survive and be a *ronin* — a master-less warrior walking the wastelands. That is until I get killed off by a one-handed Jaime Lannister charging over a hill!

Having said that, what would be your preferred choice of death?

It wouldn't be being slowly tortured by Ramsay Bolton, that's for sure. It'd have to be quick — eaten by a dragon (that way at least I'd be serving a purpose) or killed by a White Walker. That could work out all right; I could be the walking dead.

What can we expect from the new GOT season?

There's going to be deaths, deaths and more deaths. That's all I can say. **FHM**

Catch Game of Thrones Season Five on HBO (StarHub TV Ch 601) every Mon, 9pm, from 13 Apr.

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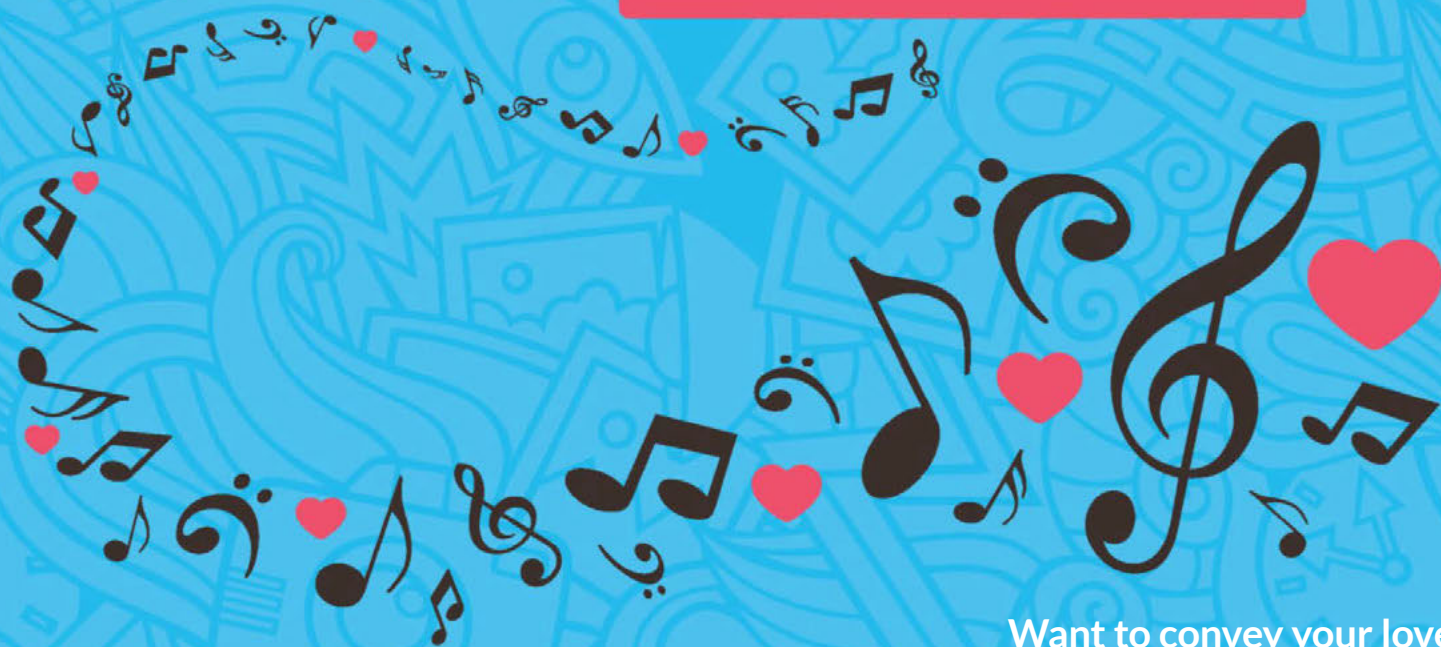
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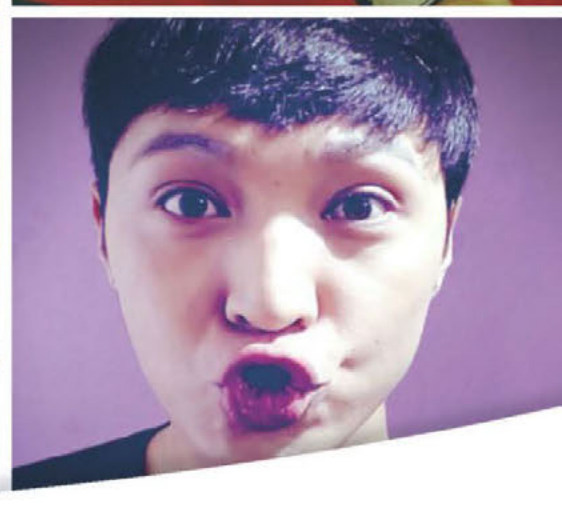
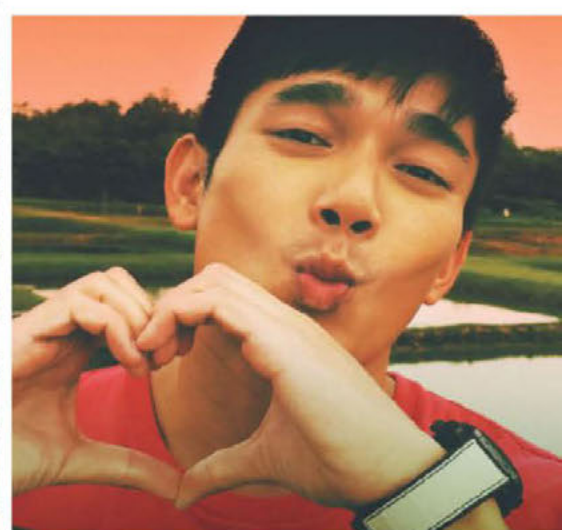
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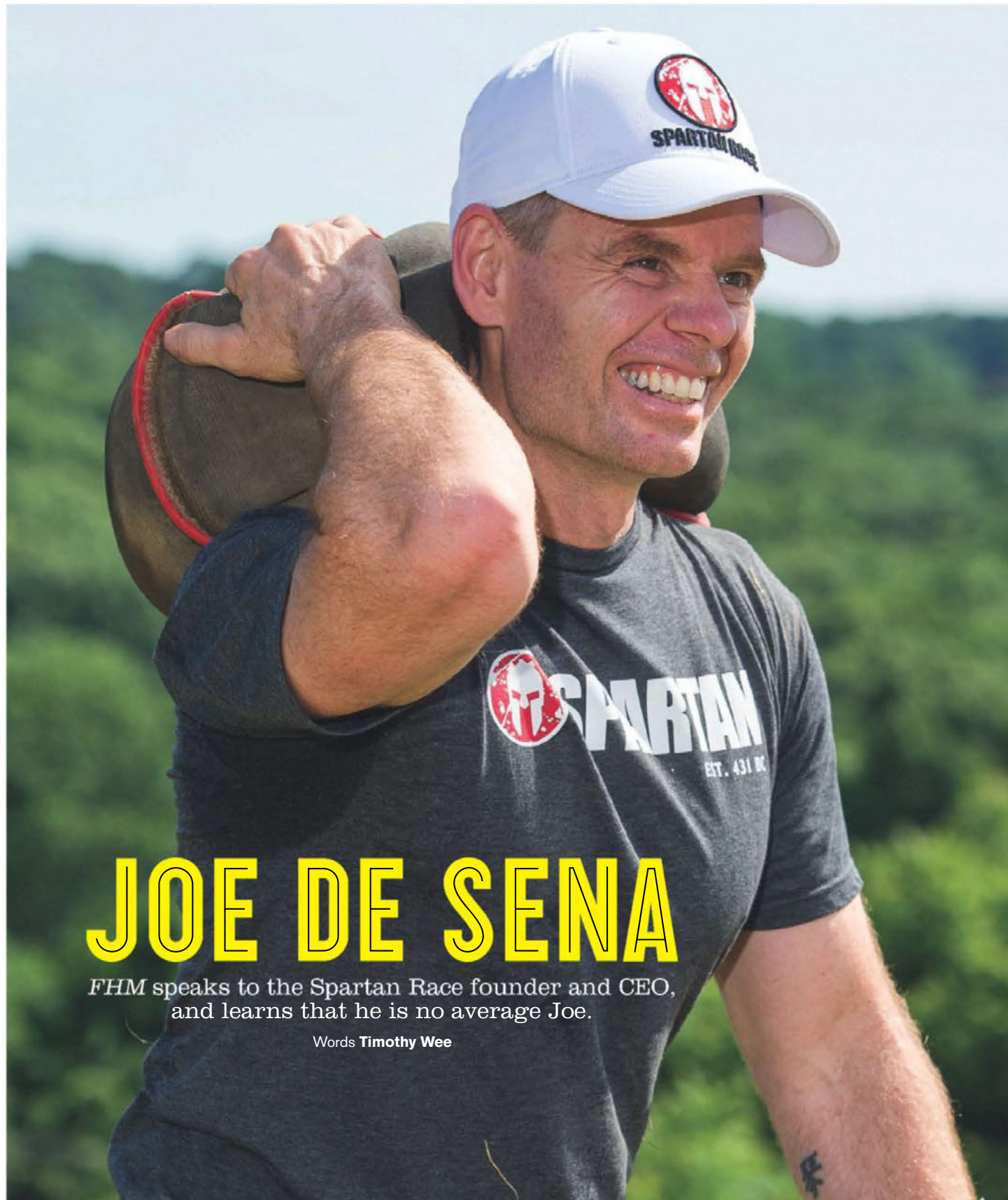
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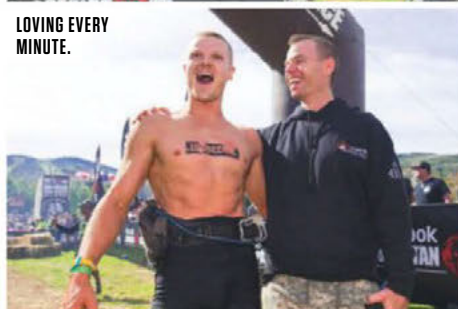
FHM speaks to the Spartan Race founder and CEO, and learns that he is no average Joe.

Words **Timothy Wee**



WHO'S THE BOSS?

THE RACE THAT WORKS EVERY PART OF YOUR BODY.



LOVING EVERY MINUTE.



RUNNING ON FIRE.



A HELPING HAND FOR A CLIMBING OBSTACLE.



Most people imagine themselves mellowing once they are in their 40s, but that's hardly the case for Joe De Sena. The 46-year-old obstacle-race organiser and veteran endurance athlete lays claim to having participated in over 60 races in a year. We don't know about you but we're sure even an ancient Spartan warrior might struggle to meet that feat.

On top of athletic achievements, De Sena also busies himself with his podcast, *Spartan Up!*, where he hosts high-profile athletes and personalities, and shares their success secrets with listeners. And did we mention the

Pittsfield native is also an accomplished writer? De Sena's book, *Spartan Up!: A Take-No-Prisoner Guide to Overcoming Obstacles and Achieving Peak Performance* was No. 2 on *The New York Times* best-sellers list, and offers an insider look into the fastest-growing sport in the US — obstacle racing.

With over four million participants in the US annually, obstacle racing is leaving other running sports such as triathlons and marathons in the dust. It seems people also love watching others run a trail filled with mud pits, barbed wire and fire jumps; so much so that the races are broadcast

nationally on US TV. In 2013, De Sena's Spartan Race became the first televised obstacle-race event in history, thanks to its partnership with NBC Sports. Little wonder, then, that De Sena has become the public face of obstacle racing.

Voted "Best Obstacle Race" by *Outside Magazine*, De Sena insists that his Spartan Race is a lifestyle brand that provides tools for healthier, happier and more productive life. And he puts his money where his mouth is. Just visit the Spartan Race website (www.spartan.com) and you can find an all-encompassing fitness resource that provides training workouts,



“You will experience things during a Spartan Race that are a lot like everyday life; you will be faced with the unexpected, pushed to the edge of your comfort zone, meet supportive people along the way and realise that you can accomplish more than you ever thought possible!”

Spartans! Prepare for glory!

What do you think is the appeal of obstacle racing?

Humans are animals. And obstacle races, like the Spartan Race, bring out the animal in everyone. We give people the opportunity to go back to the basics, return to nature and connect with each other and themselves. Plus, we show people how strong they can be when they set their mind to accomplishing a goal. People have the ability to overcome any obstacle once they make the choice to try. This is why millions are embracing obstacle races. The race is just the beginning of a series of choices that lead to a healthy lifestyle. Living like a Spartan, is truly living.

You had mentioned in a previous interview that “obstacle racing is more than a sport”. Care to elaborate?

It's a way of life — a way to eat, train, overcome life's obstacles and a community that is second to none. It is an attitude.

What drew you to obstacle racing?

I'd taken part in several endurance and adventure races. I was inspired by the challenges that forced me to change my mindset and show what I was capable of. I want others to experience the same fulfilment and challenge I felt when taking part in these races.

What inspired you to come up with the Spartan Race?

I wanted to create a race that symbolises the mental and physical challenges people may face in life. If we embrace obstacles instead of fearing them, we can form an obstacle immunity and be ready for anything that life throws at us. You will experience things during a Spartan Race that are a lot like everyday life; you will be faced with the unexpected,

pushed to the edge of your comfort zone, meet supportive people along the way and realise that you can accomplish more than you ever thought possible! The ancient Spartans exemplified that spirit with a “never give up” attitude. So it just fits. And since the beginning, Reebok has been an incredible partner who believes in our mission.

How is the Spartan Race different from other obstacle races?

Reebok Spartan Race is a sport. Our races are timed, our athletes are ranked and we hold our competitors to high performance standards. If they successfully complete the obstacle, they can continue to race. But if a competitor fails to complete the obstacle, they're penalised and made to complete 30 burpees. 30 burpees can totally change the outcome of a race, which makes it exciting to watch. And as previously mentioned, the Spartan Race is a lifestyle, attitude and way of being.

The Spartan Race challenges our physical and mental limits, and provides a life-changing experience. How has the race challenged you and changed your life?

It has me in front of a computer 20 hours a day, seven days a week! So, I'm getting fatter while everyone else gets skinnier and stronger! But it's a project worth doing. We are changing people's lives and, at the end of the day, that's what keeps us going.

One of the founding principles behind the Spartan mentality is, “less is more”. How does this apply to an obstacle racer?

It's about getting back to basics. And that mentality can be applied to all facets of life — less gear, less food, less stuff, less baggage in life and less complaining.

What was the craziest obstacle

nutritional recipes and cooking tips.

Not one to rest on his laurels, De Sena has cast his eyes across both the Atlantic and Pacific oceans — growing its four-million-strong fan base. There are more than 240 Spartan Race events scheduled globally this year, with stopovers in Europe, Australia and even Singapore (Q3 2015).

So do Singaporeans have what it takes to be Spartan material? Will we be inducted into the race's Trifecta brotherhood (an elite community of athletes who have completed all three race categories within a year)? There is no better way to find out than by speaking with tough-as-nails De Sena.



you've faced in the Spartan Race?

No doubt in my mind that it was the double-rope climb. We are talking about climbing a 12m rope.

Are you a member of the Trifecta?

Would an ancient Spartan be able to handle three Spartan Race categories within a year?

Yes, I am a Trifecta member. In fact, I'm more than confident that a Spartan warrior would be able to complete three Spartan Race categories within a year. I think that's what they'd call a vacation.

What are some training and nutrition mistakes obstacle racers commonly make?

When it comes to training, people often think strength is the only component. But a large part of the race is endurance, and being able to move and complete obstacles with a high heart rate. Balance and muscle control are also very important for obstacles such as the spear throw. When it comes to nutrition, people should drink enough water, eat healthy whole foods and maintain a consistent balanced diet.

What is your secret to maintaining

“A large part of the race is endurance, and being able to move and complete obstacles with a high heart rate... When it comes to nutrition, people should drink enough water, eat healthy whole foods and maintain a consistent balanced diet.”

such a high level of fitness?

Besides being a yoga practitioner, I also undergo the Spartan Race's official training programme, SGX. It is a functional fitness programme designed to improve one's physical and mental strength through bodyweight exercises. Visit our Spartan Race website (www.spartanrace.com/find-spartan-coach/) to learn more

about the SGX system.

Has being an obstacle runner helped you in other aspects of life?

Yes, it certainly makes everyday obstacles much more tolerable. I can overcome the kids screaming, a wife who is mad at me and even a car that won't start!

On your podcast *Spartan Up!*, you interview successful sports figures. Do you think that there is a universal success formula?

Hard work and commitment! That is the common theme.

Who is your idol?

British polar explorer Sir Ernest Shackleton. The fact that he endured all difficulties and succeeded against all odds, really inspires me.

Tell us a secret about yourself.

I'm afraid of sharks.

If your house was on fire and you only have time to retrieve one item, what item would it be?

My spear — so that I could hunt for food the next day. **FHM**

For more info on Spartan Race Singapore, visit www.spartanrace.com, or www.spartanrace.com.sg.

WHO'S
HE?

Name:

Joe De Sena

Age: 46

Nationality:

American

Likes: Burpees, obstacles, challenges and real food.

Dislikes: Mediocrity, junk food and excuses.

“People have the ability to overcome any obstacle once they make the choice to try.”



THE SPARTAN WAY

The five craziest Spartan Race obstacles according to founder Joe De Sena, and how you can train to overcome them like a true warrior.



Obstacle 1: Slip Wall

Participants have to scale a 45-degree wall using a rope. This obstacle is akin to a Spartan warrior breaching a castle wall.



Exercise: Lunge

The lunge is a great exercise to build core strength and practice the balance needed to conquer the slip wall. A simple forward lunge targets muscles in the core, hips and legs. It primarily focuses on the glutes in the hip and buttocks, and the quadriceps and hamstrings in the thigh, with an added challenge to the muscles in the calf.



Obstacle 2: Barbed Wire

This might seem foreign to an ancient Spartan warrior, but it's no stranger to NS personnel, who have been caked in mud, crawling through fields of barbed wire.



Exercise: Reverse Bear Crawl

Besides building upper-body strength, core stabilisation and neuromuscular control, it works the type of contralateral coordination (moving opposing leg and arm in unison) necessary for efficient running and crawling.

Obstacle 3: Two-metre Wall

Another familiar obstacle to the sieging Spartan warrior, this gruelling climb over a 2m wall, sans rope, is not to be taken lightly.



Exercise: Pull-up

Pull-ups offer upper-body-lifting and grip strength. Execute the exercise with varying grip widths and circumferences to reduce risk of elbow tendonitis on race day – one of Spartan Race's most common injuries.

Obstacle 4: Traverse Wall

Rock-wall climbers love this, as it's similar to bouldering. The clock is ticking; so don't hang on to those climbing holds for too long.



Exercise: Grip Strength and Hip Flexibility

For grip strength, practice hanging from a pull-up bar. For hip flexibility, incorporate yoga stretches, such as the frog pose, into your fitness routine.

Obstacle 5: Fire Jump

While we've seen more hardcore action at Thimithi, the fire jump is still no walk in the park. Come on, when is jumping over a raging fire ever easy?



Exercise: Broad Jump

This obstacle is both a mental and physical challenge. Mentally, you can practice with positive motivational pep talks and by eliminating doubt. Your mind can be the biggest obstacle. Physically, you can prepare by integrating the broad jump into your workout. It is an effective exercise for developing explosive power.



ARE SPA DAYS THE NEW LADS' WEEKEND?

FHM sent a trio of burly rugby pros to experience the terrifying world of pedicures, facials and waxing. Is it all a load of girlie nonsense, or have guys been missing a trick?

Words **Jordan Waller** Photography **Fred Macgregor**



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KILL YOUR SPOTS



ELLIOT DALY

Team: Wasps
RFC and
England
Saxons
Position:
Outside centre
Age: 22

PLAYER'S CONFESSION:

"I visit a male grooming place once a month for a hair cut or beard trim and I'll usually get some skincare stuff while I'm there. But it's not exactly a facial — I guess it's similar — it's just part of the beard-trim process. Other than that, I don't really do too much. I lost a bet once and had to get my chest waxed. It wasn't the greatest experience and both the pain and being so smooth

wasn't nice. It's not for me."

THE FIX: VITAMIN C FACIAL

As a man you probably pay little attention to your skin (aside from the moisturiser gift sets you got last Christmas). Truth be told, it's probably time you paid attention.

If we were to ask you to imagine a facial right now, the chances are that you will think of one of two things. The first would be something quite reasonably described as "Not Safe for Work", and the second would be your green-faced, cucumber-eyed girlfriend lazing around with a towel wrapped around her head like a Downy-enthused beehive. We're dealing with the latter, although this specific facial treatment doesn't involve either veggies nor ambitious towel structures.

Daly went for the vitamin C facial, which is specifically designed to fix up

weather-beaten brows, world-weary eyes and dried-up cheeks. It might seem girly, but you could argue the fact you're even getting one is testament to your own masculinity. Or something like that.

The beauty therapists cleansed, scraped, rubbed, massaged and exfoliated Daly's face for all its worth. Then they sprayed him with a Ghostbusters-like steam gun and squeezed every last bit of dirt out of his face. Aside from the fairly pathetic headband he had to wear, it's one of the manliest facials you can get.

DALY'S FINAL THOUGHTS:

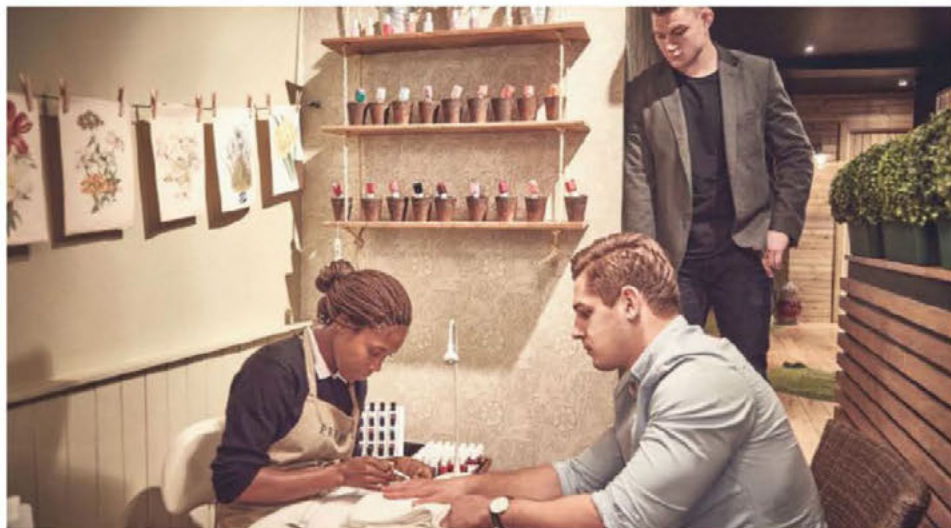
"I'm so relaxed I can hardly speak. I didn't feel silly at all despite my worries when they made me put the headband on. It actually felt quite manly, although I'm sure it didn't look it."

PRO TIPS

01 If you're applying your own mask at home, don't buy a generic one-fix-all mask. It's no use whacking on a cream to fix greasy foreheads if your actual problem is that you're suffering from flaky face dandruff.

02 Test the mask on a smaller patch of skin. Your face is one of the most sensitive parts of your body. You're probably not allergic but it's better not to risk looking like you've had an acid bath.

03 Wear gloves. Aside from protecting your open pores from any toxins on your hands, it'll also ensure nutrients are being absorbed into your face rather than being embedded under your fingernails.



DITCH DIRTY HANDS



SAM JONES
Team: Wasps RFC
and the Barbarians
Position:
Back row
Age: 23

PLAYER'S CONFESSION:

"I don't have a specific routine. I sometimes moisturise but that's about it. My girlfriend tries to get me to do other things but I never really stick with anything. It's not that I have a problem with spas — going to one as a couple is fine — but you wouldn't go as a group of lads. It's just not really the archetypal boys' day out is it? Plus it's expensive, which would put me off."

THE FIX: MANICURE

Hands. We've all got them and since we sprouted opposable thumbs, they've become invaluable to our entire survival as a human race. And yet, when was the last time you did anything to look after them?



Never, which isn't great considering that after dodgy shoes, dirty unkempt hands and fingernails are one of the biggest complaints women have about men on first dates. Sure, the whole idea of a manicure or pedicure conjures up images of *Sex and the City* but the reality isn't so. Wonder why your mate Jason's hands always look so soft and clean despite his job working as a septic tank inspector? Manicures. "It's not just the more 'metrosexual' types we get coming in for a manicure," says beauty salon owner Andy Penniceard. "We get everyone from builders to office workers and athletes." Jones' nails were soaked in warm water to make them soft, before being buffed and clipped. Finally, his cuticles were pushed back to reveal more of his nail.

JONES' FINAL THOUGHTS:

"I didn't realise my hands could look so clean and healthy. But would I do it again? Probably not. It's a slight step too far and a bit of a faff to do regularly. Plus I'll be quite conscious about getting them muddy at training tomorrow now..."

GET SMOOTH



TOM LINDSAY
Team: Wasps RFC
Position: Hooker
Age: 27

PLAYER'S CONFESSION:

"I use an exfoliator and my girlfriend does my nails for me sometimes, but I just sort of sit there, watch TV and let her do it. When I was younger though, my mum had a beautician who would come round and I got talked into giving waxing a try. I think most guys do it more than you realise."

THE FIX: LEG WAX

According to beauty salon owner Andy Penniceard, male waxing is one of the most common treatments guys ask for. "A lot of guys get to a point where they have hair growing in places where it wasn't before. Backs, shoulders, nostrils, ears and all that. It can really affect your confidence so it makes sense they'd want to sort it out."

Sure, your first time's going to feel a bit awkward but if you're worried about waking up one morning to a full-on Sasquatch clinging to your back then it's worth sucking it up and sorting a wax. That said, it isn't a wholly pain-free treatment. The experience ranges from a slight tingle to a "holy-shit-kill-me-now" kind of pang, depending on which part of your body you're getting done and how much of a wimp you are.

Lindsay opted for a full leg wax — a popular treatment for athletes: It makes them more streamlined (Olympic swimmers), they're less likely to have hairs ripped out when removing strapping (rugby players) and it increases their chance of getting a Versace-underwear deal (Cristiano Ronaldo). A full leg wax takes around 20 minutes and will go from your ankles to the terrifying, goolie-grazing inner thigh. A chest wax will take around the same time, depending on how hairy you are.

LINDSAY'S FINAL THOUGHTS:

"The inner thigh was pretty bloody tender but it wasn't too bad. In rugby we sometimes need to wear strapping and I'll usually shave those parts. If I'd have known waxing was this practical before I'd probably just have done this instead..."

PRO TIPS

01 It's better to trim your nails neatly after they've been softened by soaking in warm water. Trimming those talons after you've had a bath will be a much easier experience.

02 Don't ignore your cuticles — they're the gross bit of skin at the base of your nails. Gently push the cuticle back on a semi-regular basis; you won't notice the difference, but your girlfriend will.

THE FINAL SAY

Stylist and writer Becky Tanner-Rolf tells you what women really think of your rough-and-ready look...

"The scene is set: The scented candles are lit, it's super-romantic, we're kissing... but what sweet hell is this? Something that could be mistaken for an industrial sander is making its way up my thigh. If you're not Indiana Jones, then there is no excuse for those calloused palms.

"We ladies often say we like guys rough and ready. I'll let you in on a secret: We just mean ready. I don't want to be waiting an hour for the bathroom, but equally I don't want to share a bed with Chewbacca. I'm not saying I want my local spa invaded by metrosexuals with fake tans, but if I'm going to spend 15 minutes in agony to avoid the '70s muff, the least you can do is lose the Ron Jeremy ball fro.

"I'll be honest: If you're late for a date because your mani-pedi ran over, I will call you princess for the rest of the night. But in the long run, I'd rather have a freshly groomed, super-soft gent than a hairy lad."



PRO TIPS

01 Exhale just before each strip is ripped from your bare flesh to make the pain slightly more bearable.

02 Avoid doing it at home alone unless you know what you're doing. Especially if you want to avoid disgusting ingrown hairs or, worse, a spaghetti Bolognese-style rash.

03 Don't rub lotion or any other pore-clogging chemicals in to your waxed bits afterwards. It'll irritate your skin and cause spots if it's the wrong stuff. Stick to lukewarm water.

The Big Question

SLEEP LIKE A LOG

Spend less time locked in mortal combat with your pillow and more of it in snooze town...



Professor Adrian J Williams is a founding member of The British Sleep Foundation and

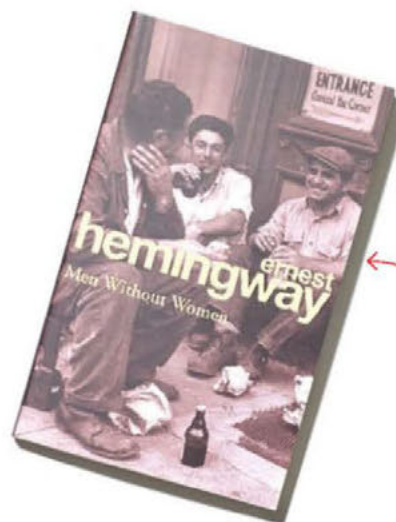
a consultant at The London Sleep Centre. He has been studying sleep for more than 40 years and literally knows more about dozing than you could ever dream of...



Hot water bottle



Alarm clock by Lexon, Ariashop.co.uk.



Instead of going for a serious page turner, try reading short stories such as Ernest Hemingway's *Men Without Women*.

02

THERE'S NO MAGIC NUMBER

"It's a myth that everybody should have nine hours of sleep every night. The truth is that that's an average across society: 50% of people may need more and 50% of people may need less. So the actual range is between four and 10 hours, depending on the person. If you feel great after just four hours' sleep, then that's probably all that you need..."

01

YOU'RE PROBABLY AN INSOMNIAC

"If you're having trouble falling asleep, staying asleep or waking up and still feeling tired, then that's insomnia. Obviously it's quite subjective, but if this is happening four or more nights a week, then you could be an insomniac. Around one in 10 people suffer from the condition and might not even realise. Bad sleep leaves you feeling fatigued and can affect cognition throughout the day."

04

TURN OFF YOUR BLUE LIGHT

"Light exposure automatically switches off your melatonin secretion, which is the substance that you make at night to help you sleep. Blue light is the main stimulus of the body clock. We often prescribe blue-light treatment in the mornings to shift the body clock. But if you're exposed to blue light in the evening, it will delay it. You can actually get apps now that block out blue light so it affects you less in the evening."

03

NOD OFF WITH YOUR NOSE IN A BOOK

"We live in a 24/7 society where people are constantly exposed to too much light in the evenings from things like computers and smartphones. Using brightly lit objects such as these can delay your body clock. If you find reading helps you relax before bed, try picking up a real book instead of getting out your iPad or Kindle."



Boon Glo night light, firebox.co.uk.

Block out all the light with a sleep mask or a blackout blind.



True Grace room freshener, Ariashop.co.uk



05

SEX AND SNOOZE

"Too many people fill their bedroom with technology such as televisions and computers, or they keep their smartphone at a constant arm's length. Using your bedroom for things other than sleep and sex distorts the idea of what the bedroom is for, and that hampers your ability to get into the right mindset for sleep."

06

EXERCISE WON'T WIPE YOU OUT

"You might think an evening gym session will burn off lots of energy and wipe you out for a good night's sleep, but it actually does the opposite. It raises your body temperature, which can throw your body clock, and also generates adrenaline, which will disturb your sleep. Keep your exercises to the morning or late afternoon so you can read just before bed."

07

SLEEP WHEN YOU'RE TIRED

"Obviously it's not always realistic, but you should only go to bed when you're tired and make sure that you wake at a regular time. Most insomniacs spend too much time in bed: They try to sleep when they're not tired and just end up lying there. Go to bed when you're sleepy. If you're awake tossing and turning, you shouldn't be in bed. Get up and be productive."



Get yourself a comfy pillow to catch those 40 winks.

Lamp, ariashop.co.uk



Be a genius: Sleep like one of the greats...



Winston Churchill
Britain's war-winning PM hit the hay at 5pm every day for a two-hour nap, claiming it allowed him to get 1.5 days' work done in just 24 hours.



Salvador Dalí
The artist encouraged sleep-deprived creativity by snoozing with a heavy metal key in his hand, which when dropped, would wake him up.



Leonardo da Vinci
Artist, scientist and inventor da Vinci maintained his productivity by sleeping for 20 minutes every four hours.



Charles Dickens
This author carried a compass to ensure he both wrote and slept while facing north. It didn't cure his insomnia though...
"FHM takes no responsibility for injuries caused by sleeping like a lunatic."

PHOTOS: MARCO VITTOR, THEIMAGES/CLICKPHOTOS

DEFINITE SHOE-IN

Always get the best fit for your feet.

PUMA IGNITE

The world's fastest man, Usain Bolt, wears these runners. Enough said.

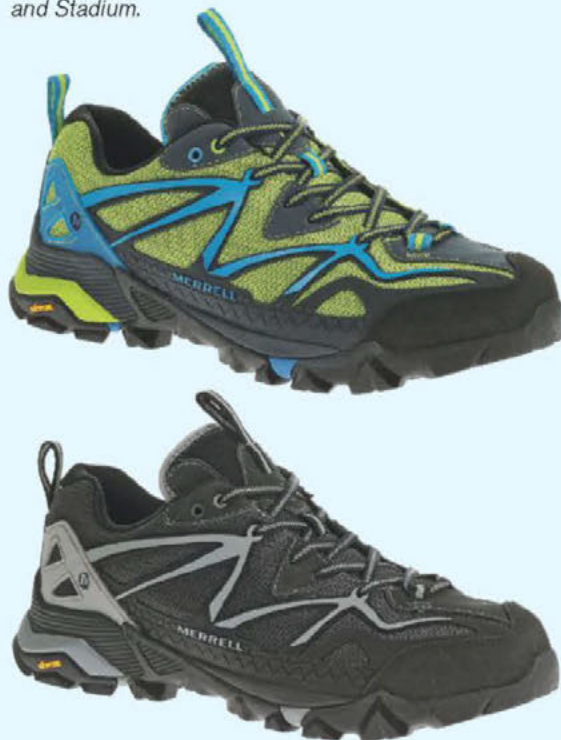
\$179, authorised retailers.



MERRELL CAPRA SPORT

Lightweight with Vibram Mega Grip outsole for moving on steep terrains. Perfect wear when the lift breaks down.

\$189, from 15 May at selected Royal Sporting House and Stadium.



Comeback kid

REEBOK ZPUMP FUSION

Press and run: Features an improved Pump technology that conforms to any foot.

\$169, Royal Sport House and Stadium.

UNDER ARMOUR CURRY ONE

Named after basketball superstar Stephen Curry. Not your favourite prata store.

\$219, Le Ballpark at 313@somerset and www.underarmour.com.sg



NIKE TIEMPO LEGEND V PREMIUM

Italy's Francesco Totti swears by its boot tongue and soft leather upper. Only 70 pairs available in Singapore.

\$329, Westin Corporation.



WORDS: DENNIS YIM

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LAZY SUNDAYS

Personal Planner

While some regard it as the last (others, the first) day of the week, Sundays, as we know it, are for sleeping in. *FHM* gives you five reasons to get up bright and early, and to eat your way through the day.

(BRUNCH)

OPEN DOOR POLICY

The modern bistro recently launched a new brunch menu that delivers on its promise of great taste and quality. Located in the too-hip neighbourhood of Tiong Bahru, head chef Daniele Sperindio delivers a fusion of European, Western and Asian flavours.

Order: Out of Sperindio's experimental kitchen comes his take on a brunch classic — eggs benedict with poached chicken (*right*). Dig into two divine poached eggs resting on sourdough toast and drizzled in a Thai-inspired green curry hollandaise sauce. Garnished with spinach and diced tomatoes, this dish is probably the midway point between an *atas* brunch and a local comfort breakfast.

Opens Mon, Wed to Fri, noon to 3.30pm, 6pm to 11pm; Sat and Sun, 11am to 3pm, 6pm to 11pm.
19 Yong Siak Street. Tel: 6221-9307, www.odpsingapore.com.



(AFTERNOON TEA)

DING DONG

Born from a collaboration between the Spa Esprit Group and Tippling Club, there's an exciting new cocktail menu for Ding Dong lounge. Take a slow Sunday stroll down Ann Siang and enjoy fun, quirky concoctions, chockfull of familiar local flavours that warm the heart while intoxicating the liver.

Order: It's teatime and you have come to the right "*kopitiam*" for *roti kaya* (*left*). Peppered with toast shavings, this bold cocktail, concocted with Johnny Walker Black Label whisky, pandan syrup, coconut cream and gomme, is as sweet as its namesake. We swear if you close your eyes, it's almost as if you're eating the real thing. Just don't ask for extra butter.

Opens Mon to Sat, noon to 3pm, 6pm to midnight. 23 Ann Siang Road, Tel: 6557-0189, www.dingdong.com.sg.

(MIDDAY SNACK)

3 PETITS CROISSANTS

There are few things better than the aroma of freshly baked pastries when you're feeling peckish, especially at this French-influenced bakery-café.

Order: It has perfected croissant-making to a precise science. We highly recommend the Matchazuki croissant (right). With green-tea powder sprinkled into the pastry dough and filled with sweet azuki bean paste, this unusual confection is a winning combination of flavours and textures.

Opens Mon to Sat, 8am to 10pm; Sun, 10am to 6pm. #01-01/02, 1 Zubir Said Drive, Tel: 6835-7898, www.3petitscroissants.com.



(DINNER)

PIZZA FABBRICA

Wind down your Sunday at a chilled-out Italian restaurant and bar. Nestled in the Arab Street enclave, this pizzeria is helmed by Cremona native, executive chef Matteo Boifava. Staying true to his Italian roots, Boifava flies in fresh artisanal produce such as Caputo flour and mozzarella direct from Italy. Besides spinning some great dough, Pizza Fabbica also stocks a variety of Italian craft beers.

Order: Hearty meat, cheeses and mushrooms come together in the *pancetta funghi caprino e scalogno* pizza. The dough takes 48 hours to prepare and all that effort is reflected in its light yet crispy crust. The salty combination of mozzarella, goat cheese and *pancetta* (cured pork belly) can be a bit overpowering after a while, but that's why the 32 Via Dei Birrai Nebra Amber Ale is there to wash the flavours down.

Opens Tue to Sun, 11.30am to 11pm. 69/70 Bussorah Street, Tel: 6291-0434, www.pizzafabbica.sg.



(SUPPER)

CEDRO @ RAINTR33 HOTEL

Changi Village may be known for its sumptuous late-night hawker fare but that's not all it has in store for your tummy. Complementing supper with a serene view of Mother Nature's finest, this casual bar is a great place to unwind with a nightcap after a long day out. Sample its wide array of alcoholic concoctions and be sure to order some food, too, so you don't end up going to work on Monday with a hangover.

Order: Its signature cocktail Martini de Concombre (right) is a must-try for any newcomer. Its version of the timeless cucumber martini simply blows our mind leaving us wanting more. But go easy, there are plenty other drinks to indulge in.

Opens daily, 5pm to 1am.
33 Hendon Road, Tel: 6653-3838,
www.raintr33hotel.com



JOEL
FRASERI'VE GOT PING PONG IN
MY CUP!Sip &
enjoy

COCKTAIL SHOWDOWN

FHM sizes up two locally based hotshot bartenders and their creations.

Welcome to the *FHM* cocktail exchange where we invited British mixologist Joel Fraser (executive bartender of The Cufflink Club) and homeboy Irwan Mohammad (of Potato Head Folk fame) to stir things up. Let the mixing begin!

What's a cocktail?

Joel Fraser: A good cocktail should leave you as satisfied as if you've just kissed by your true love.

Irwan Mohammad: To me, a cocktail must be a well-balanced drink that complements its main ingredients.

Ingredients to a good cocktail

JF: Balance — it's all about juggling the different flavours. Balance in cocktails is as important as balance in life.

IM: There are three things that make a good cocktail — the right amount of alcohol, a balance between acidity and sweetness, as well as passion.

Favourite cocktail

JF: I don't have a particular favourite. A cocktail is like a gentleman's wardrobe; there's a right place and time for everything.

IM: I have two favourite cocktails. I love the Negroni, a great appetiser before a meal. The other is the sweet-and-sour White Lady.

Thing to look for in a cocktail bar

JF: Quality conversations with the bartender. Anyone can regurgitate distillation facts but it seems to be a lost art to be able to discuss sports, politics or world news.

IM: I look out for passionate bartenders; a good bartender is not afraid to innovate. The experience is not complete without great service, attentiveness and liveliness.

Lady-killer cocktail of choice

JF: We have a few saucy cocktails at The Cufflink Club — Porn Star, 50 Shades of Grey or the Good ol' Fashioned Three Way often spark up interesting conversation.

IM: Well, there is the Clover Club.

Beauty of tequila and rum

JF: Being Latin spirits, they communicate that Latino attitude to life — fun and loud. While rum is for the adventurous, tequila is the party drink of the matured crowd.

IM: Rum has very distinctive flavours and a tropical punch. Tequila is mostly enjoyed as shots due to its strong aromas and acidity. But there are now good tequilas that can be used in cocktails. **FHM**

Fraser and Mohammad appear courtesy of Singapore Cocktail Week.



BOTTOMS UP!

Our guest bartenders show you how to create the ultimate summer cocktail.

Spring Break by Joel Fraser, Cufflink Club



Ingredients:

15ml Dark rum
15ml Milagro Tequila
15ml Pisco
15ml Cachaça
25ml Fresh-pressed lime juice
15ml 1:1 sugar syrup
1 Whole passion fruit
45ml Ginger beer

Preparation Method:

1. Build all ingredients over ice in a solo cup.
2. Garnish with a ping-pong ball and a dehydrated lemon.

The Folk Mojito by Irwan Mohammad, Potato Head Folk



Ingredients:

45ml Sailor Jerry rum
30ml *Apple-infused cinnamon and rosemary syrup
30ml Fresh lime juice
Fresh mint

Preparation Method:

1. Prepare a mason jar.
2. Bruise the mint leaves between your palms and throw in jar.
3. Add in fresh lime juice, followed by apple-infused syrup and rum.
6. Top up with soda and crushed ice.
7. Garnish with a sprig of mint leave and a wedge of lime.

*Apple-infused cinnamon and Rosemary syrup:

1. Slow cook 2l of apple juice at 50°C for 15mins.
2. Finely grate a stick of cinnamon and a nutmeg before adding to apple juice with 30g of rosemary leaves.
3. Leave to cook for another 15mins.
4. Remove from heat and add in 2kg of brown sugar.

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